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THIS WEEK

8-14 OCTOBER 2010

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2011's sexiest cars!

If you won the lottery last week, head over to Paris sharpish!

he Paris Motor Show has come a long way since its 1898 debut as "The International Automobile, Cycle and Sports Show". Now, it's one of the most hotly anticipated car bashes of the year, with top manufacturers from all over the globe keen to show off over 100 world premieres of their swanky

new motors! And with 80,000 square feet of France's Grand Palais to play with, that means lots and lots of supercars, not to mention almost two million petrolheads drooling over them!

So from Maserati to Maybach and Lotus to Lamborghini – sadly, Lada didn't make the cut – here are our pick of the bunch! **ETBC**

LAMBORGHINI SESTO ELEMENTO Engine: 5204cc 40-valve V10, 4x4 **Power:** 562bhp **Top speed:** 202mph **0-62:** 2.5 secs

PORSCHE 911 SPEEDSTER Engine: 3.8-litre flat-six, rear-wheel drive Power: 408bhp Top speed: 189.5mph 0-62: 4.6 secs



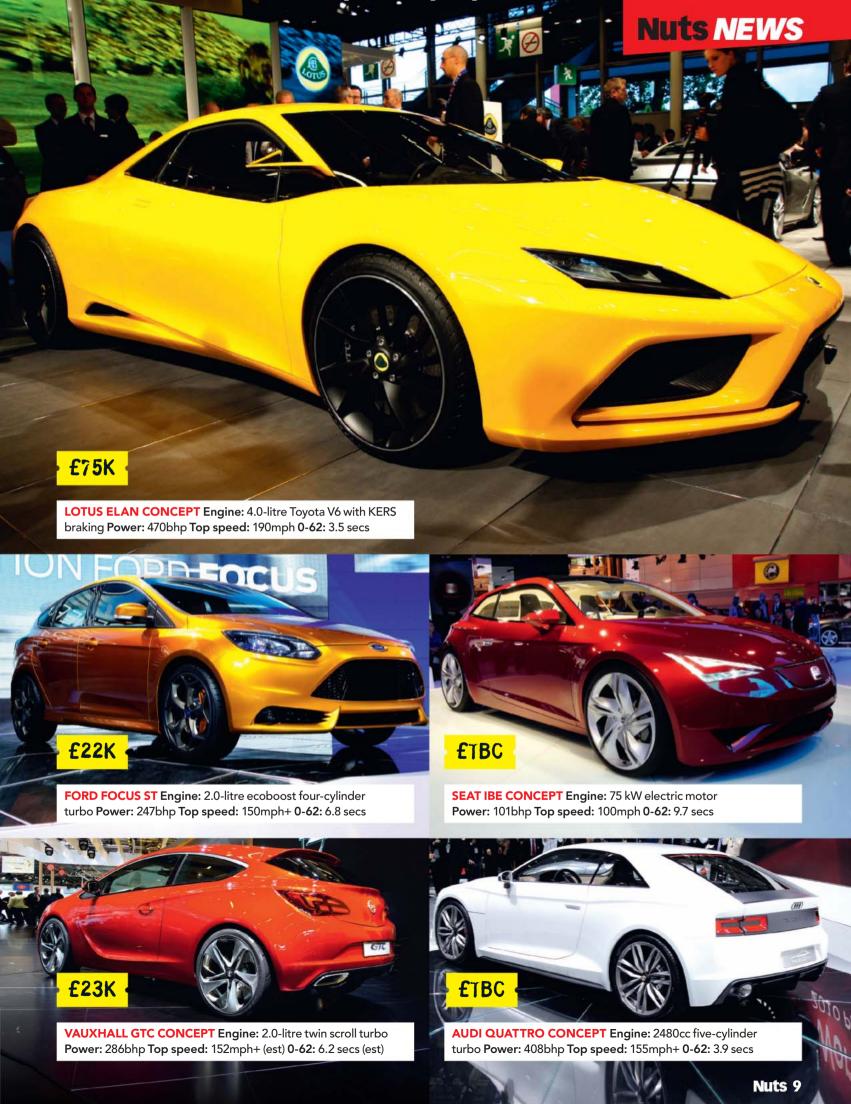






FERRARI SA APERTA Engine: Front-engined 6.0-litre V12 **Power:** 661bhp **Top speed:** around 205mph **0-62:** TBC

£400K













STEP ON IT!

found out when they were sent

there to race three of the finest British supercars ever created.





COMING TO GAMESTATION 8TH OCTOBER 2010



A QUICK WORD WITH...

Gary Lineker!

MOTD's host on Beckham, Capello and the ears – always the ears!

i Gary! You've written a book about the 2010 World Cup. Why were England so rubbish? You didn't see any of the players performing anywhere near their best, which suggests that the preparation was wrong. Tactically, there were massive flaws, too. Everybody else was playing two midfield players protecting their back four, allowing their more gifted individuals freedom to explore, whereas we played in the rigid 4-4-2 that didn't work. Everyone seemed to see it, except Capello. Wouldn't it have been more fun if - for the last fifteen minutes of the drubbing against Germany -Capello brought on some classic England players from the past, like Gazza or you? That really is a ridiculous question.

Thanks! But did you have your shorts on under your desk, just in case? Clearly not! But he might as well have sent me on. I couldn't have done any worse!

Capello also got a lot of stick for

"firing" David Beckham during a TV interview, without speaking to him first. I don't know why he did that! He should've written to Beckham about the thoughts he had on the situation. He deserved that, at the very least. It was clumsily handled. To be perfectly honest, Beckham's 35 now, and he'll be 37 by Euro 2012, so he's very unlikely to play. But to do it without actually speaking to his player lacked a bit of class.

Did you see that Walkers crisp in the paper that looks like you? [Examining photo] Brilliant. It looks more like a fish, although there is a resemblance. It might be something to do with the ears! People thought you'd take over Jonathan Ross' chat show. If you did, would Hansen, Shearer, Lawrenson and Dixon be your "four poofs"? No. I don't know where that came from. I heard the rumour, but it's not for me. Apparently, Simon Cowell thinks your missus Danielle would make a good judge on Britain's Got Talent and The X Factor. She'd be great in whatever she does! She's friendly with Simon but she hasn't got a musical background, so it's unlikely. Have you met Nuts cover girl and BB winner Sophie Reade? She's been "romantically linked" to your son George. No, I've never heard of her. You're a Freeman of the City of Leicester, which entitles you to graze your sheep on Town

Thanks for the chat, Gary! Last time we met, Nuts asked, "Big ears, big knob?" But we've all grown up now. Er, haven't we? Can't you think of any better questions? Why are they always about the ears?

Hall Square... Ah, that old

question. I haven't bought any

sheep just yet. Maybe I'll get

myself a flock!

Gary Lineker's book, Still Dreaming, is out now



THE Nuts LIP-READER!

When he watches a match, he sees every word! John Cassidy is a real lip-reading expert. And an FA coach!



Nemanja Vidic: "Has he seen this? I say to him! Tell him!"

VALENCIA VS MAN UNITED Estadio Mestalla, Wed 29 Sept, 9.13pm The aggrieved Serb points to evidence he was stamped on.



VALENCIA VS MAN UNITED 9.29pm The United sub has a flare-up after a heavy challenge on Valencia keeper Cesar Sanchez.



LIVERPOOL VS SUNDERLAND Anfield, Sat 25 Sept, 3.06pm The

defender's astounded when his free-kick leads to Liverpool's opener.



BIRMINGHAM VS WIGAN St Andrews, Sat 25 Sept, 3.32pm The defender loses the plot after a bad challenge from Hugo Rodallega.

With the second second

adj; [whisper-tas-tik] The creamy dreamy bubbly chocolate sensation you get when eating a Wispa.

DAWN BROCKjoin her and the 1,243,081 others at facebook.com/wispa









DON'T LOOK!

Pictures for the stronger stomach!

Send your injuries to dontlook@ipcmedia.com

your images and contact details

to dontlook@ipcmedia.com



"Bad Rover!"



XBOX 360.

Jump in.



35% LESS SATURATED FAT* SAME GREAT TASTE



GET SOME NUTS

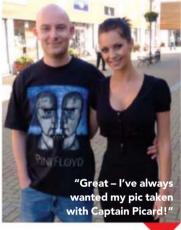
*than the average of the top 25 brands per 100g. See mars.co.uk for details.

Nuts GEAR



Hotties, hill-walkers and homosexual allegations!

Send your letters to nutsletters@ip



Jess lovely!

Dear Nuts.

I met The Real Hustle star Jessica-Jane Clement at a store opening in Clacton. She's gorgeous!

Deke Thursby, Harwich

She sure is, Deke! You know, now you mention it, we should really put her on the cover sometime...



Steve, via text Unfortunate? We'd say a career in porn beckons for Mr Koc, and there's nothing

unfortunate about that!



Now, that's our kind of party!

Dear Nuts.

I love Nuts magazine, so for my 22nd birthday, me and my mates decided to dress up as Nuts girls and go out on the town.

Emma Foster, Lincoln

You know, if you're going to wear our gear, the least you could do is invite us!



A stand-up guy

Dear Nuts.

I decided to "out" John Bishop after running into him at a gig. Steve, Blackpool

Well, he's not denying it!



High times

My mates and I climbed Mount Kilimanjaro this summer and took a copy of Nuts with us. After five days of walking, we couldn't think of anything better than chilling out at 5,895 metres with your mag!

Owain Tanner, via email

This proves there's "summit" special about our mag!



No vest is best

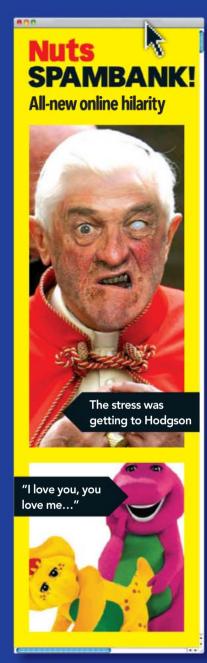
Dear Nuts, This is me in the shorts you sent me. I seem to have lost my vest!

Yeah, we noticed, Rosie. Well, make no mistake - your loss is most definitely our gain!





cmedia.com or to the address on p72



Win £100 to spend at □PLAY.COM

Send your letters and hilarious spam pictures to nutsletters@ipcmedia. com or to the address on page 72. The sender of the week's best letter* will win £100 of vouchers to spend at play.com, the UK's favourite online entertainment retailer, with savings and free delivery on everything. Visit www.play.com for great deals on DVDs, games, books, CDs and more!



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Available in 4 Full on Flavours!

Chicken & Mushroom, Beef & Tomato, Chip Shop Curry and Sweet & Sour.



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Bursting with all the best gags, every week! Send your jokes to nutsjokes@ipcmedia.com or to the address on page 72

SHORTJOKES!

Q: What does a skint baker do?

A: He kneads

Q: How do you know if someone has an iPhone?

A: They tell you Richard Barnes, Livingston

I set up a neighbourhood watch scheme last week. It's my turn to wear the Rolex today

Q: What do you get if you cross Ray Mears and George Foreman?



dress. It's OK though, I think it's just spam. Alex Whittle, Scarborough

A couple see a wounded skunk one day and stop to pick it up. "Look, it's shivering," says the girl. "What should I do?"

"Put it between your legs to keep it warm," the man replies.

"OK," she says, "but what about the smell?" "Hold its nose!" Henry F, via email

Get stuck in

A lorry driver tries to drive under a low bridge and gets stuck. Cars are backed up for miles.

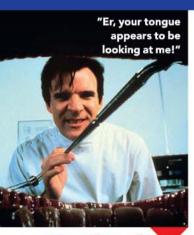
Finally, a police car arrives. The policeman gets out of his car, walks up to the lorry driver and says, "Managed to get stuck, did you, Einstein?"

The driver thinks for a second and replies, "No, I was delivering this bridge and ran out of petrol!" Wyn Davies, Porth



Win a Blu-ray player & top film!

Send jokes to nutsjokes@ipcmedia.com or to the address on page 72. To celebrate the release of Bad Lieutenant, available on Blu-ray and DVD now, we have a Sony Blu-ray player plus a Blu-ray copy of the film to give away to the sender of this week's best joke.*



Tooth ache

An old lady goes to visit her dentist. When it's her turn, she sits in the chair, lowers her knickers and sticks her legs in the air.

"Excuse me," splutters the dentist. "I'm a dentist, not a gynaecologist!"

"I know," says the old dear. "I want you to take my husband's teeth out!" Will Porter,

Bournemouth



Jim brings his Labrador to the vet and asks to have its tail removed.

The vet examines the dog, then says to Jim, "This tail is perfectly healthy. Why would you want me to take it off?"

Jim replies, "My motherin-law is coming to stay this weekend and I don't want anything in the house to make her think she's welcome!"

Bryan Haymarket, Essex



JOHN BISHOP:

"I've been privileged enough to get to know Kenny Dalgish and I'd call him a friend - though his lawyer would call me a stalker. I don't know

RICH HALL:

"I'm from Montana, which is wonderfully flat. You can watch your dog run away
for three days"

"I met this gangster who pulls up people's pants. Name's Wedgie Kray"

JIMMY CARR: "I had a threesome the other day. I know what

you're thinking, it was with another bloke. Well, you're wrong. It was actually another two blokes!"

"Marriage is like being in the Witness Protection Program - you get new clothes, you live in the suburbs and you're not allowed to see your friends any more."

MATT LUCAS:

"I put 'no strings' on my Grindr profile. Not because I want random sex, iust because that b*stard Pinocchio broke my heart"

Deal of the Week



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Trilogy Box Set **£27.96**(RRP £49-99)



Out October 25th





Buy in-store

or online at blockbuster.co.uk







MELISSA 19, from Barnsley

"This is a cheeky little pose for my neighbours to enjoy!"



CHARLEY 20, from Surrey

"I do love admiring the graffiti, especially when I'm in the nude!"



ALISON 25, from Bolton

"This is me taking a little walk in the forest with hardly a stitch on!"



AMY 26, from Bridgend

"I made the most of the last hot day of summer a few weeks back!"





























Don't have these? Don't worry, see in-store for more trade-in titles.



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Out now!

£39.99



If Carlsberg did 3D glasses...



WINA SKY 3D PACKAGE EVERY WEEK

Includes: 3D TV and glasses, Sky+ HD box, 12-month subscription to Sky World and the HD pack

Plus free pair of pint glasses with every pack. See promotional packs for details.

Probably the best night in...

CAMERA PHONE CONEDITION ONLY IN Nuts! Win £100! Text 'Nuts' and your picture to 0771 388 8008 (texts are free

Seen something daft? Snap it, send it in and win £100!

Text 'Nuts' and your picture to 0771 388 8008 (texts are free but standard network charges apply*). Pic Of The Week wins £100 cash!** T&Cs on page 72.







"My colleague got this cling film 'present' on his last day of work!" Anon, via text





"I stumbled upon this sign in a shop. You'd think that would be a given!" **Anon, via text**



SCREWED FOOD CORNER!

"I hope I don't have to explain this one!" **Matt Shaw, via email**





press play



£9.99

DVD out now

Shot by First Lieutenant Mike Scotti on his Mini-DV camera, and told through his own journal entries, This Is War is a first person account of the Marines who were on the front lines of Operation Iraqi Freedom. This is what they saw...



£9.99

DVD out now

The coolest modern horror in ages is director Sean Byrne's hilariously dark and supremely confident mash-up of Misery, Saw and Carrie

This one's the real deal -Twitch

also available on 🥌



£9.99

DVD out now

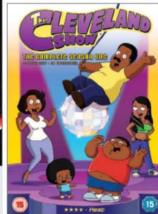
Michael Douglas stars in this smart comedy drama about an ethically-challenged New York businessman who is forced to pick up the pieces of his once perfect life after a series of career missteps and personal foul-ups



out now

Sam Raimi's relentless, gore-spattered debut. Now digitally remastered and loaded with incredible extras, The Evil Dead is truly the ultimate experience in gruelling horror

also available on DVD



£19.99

4 DVD out 11 October

New animated series that follows everyone's favourite soft-spoken neighbour, Cleveland Brown, to his hometown In Virginia as he settles down with his high school sweetheart, her unruly kids and his own 14-year-old son, Cleveland Jr









THE TRUTH ABOUT SEX WITH... EMMA FRAIN!

Nuts girls solve your bedroom bother!

Email questions to thetruth_sex@ipcmedia.com



My bits are bald

I'm ginger and I shave my downstairs bits because I hate them, but I'm worried girls will find this strange. Will they? Ben, South Wales

I don't think it's strange because, apparently, it makes a boy's willy look bigger, so it should work in your favour. Or have you thought about some kind of dye to change the colour? But make sure you read the back of the box first before trying anything drastic. That said, if a girl really likes you enough to have sex with you, she shouldn't mind what colour your downstairs wig is!

Nuts Babes' **SEX TIPS!**

No.28: "Ice cubes can be fun! Trail them all over her before using them somewhere really rude!" Stacey



go on for ages. How long should sex last in an

ideal world? Because I have to say, I'm worried I go on too long! Simon, Liverpool

I think it depends on who you're having sex with. Some girls prefer quickies and some prefer marathons. If your partner's enjoying herself, don't worry about it! In my opinion, though, anything over an hour without a break is probably pushing it, so give it a rest for a minute and then get back down to business!

Are long nails a big no-no?

I've got long nails because I play the guitar, but a girl recently knocked me back because of it. Why would girls be put off? Nick, South London

It depends how long they are! Maybe she thinks it looks a bit feminine. Why don't you just cut your fingernails off and use a plectrum if you're that conscious about it? Then this sort of thing wouldn't happen any more!

She's too hard!

My girlfriend's really rough when she gives me a hand job. I don't know how to tell her that she's really hurting me without hurting her feelings. What should I say to her?

James, Brighton

Be honest. The longer it goes on and you don't say anything, she's either going to break your willy off or it'll be awkward when you finally do pipe up!

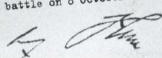


PHOTOS: ANGUS YOUNG

ackbo



Operation Jackboots On Whitehall is a success. As we speak, the German army occupies London, and Herr Hitler prepares to arrive in triumph. Yet, still resistance remains. A small garrison of soldiers and civilians, led by the English Prime Minister Winston Churchill, masses at Hadrian's Wall, ready to repel our forces and defend Scotland. Operatives have retrieved film footage of their operations which can be seen at www.jackbootsonwhitehall.co.uk. In the meantime, take time to read and familiarise yourself with chief members of the resistance - and our own superior officers. Prepare for the final battle on 8 October and Heil Hitler!



TO: All major German field officers

Name: Daisy (Rosamund Pike) Distinguishing features: Face like Jordan in a wind tunnel. Military experience: Senior member of FANY (First Aid Nursing Yeomanry). Weaknesses: A bit slack in the "morals" department. Wartime version of: Lindsay Lohan - "friendly" after an alcopop or two.



stance personnel 1

Name: Chris (Ewan McGregor) Distinguishing features: "Big retarded hands" - too big for the British military. Loves: Daisy, village beauty. Totally wants to do her. Drives: Old Betty, a traction engine that runs on coal. Wartime version of: David James - silly hair, prone to unexpected acts of heroism.



"Take that, Fritz!" - "Mahlzeit, Fritz!"



Name: Winston Churchill, Prime Minister (Timothy Spall) Pets: One cat who bears a startling resemblance to Hitler. It even has a combover! Local pub: The Beggar's Bollocks, London SW1 Speeches: Mostly long, drunk and full of swearing. Wartime version of: David Cameron. But with guns.



"Burn in the fires of Beelzebub!" "Brenn in den Feuern Von Beelzebub"

Sigh command

Name: Hermann Goering First acts of London occupation: Renaming the Ritz hotel "The Fritz". Distinguishing features: Very overweight and in love with the tiny Joseph Goebbels. Likes: Dressing Goebbels as an elf at Christmas. German version of: Jabba the Hutt.





Name: Heinrich Himmler Likes: Blowing up traditional English landmarks like 10 Downing Street. Typical! Greatest achievement: Getting into London by burrowing underground. German version of: A thinner Peter Griffin from Family Guy, in that he doesn't like London much.





Prepare for combat at www.jackbootsonwhitehall.co.uk!



i Professor Green! Your new single is called Monster. So, who's your favourite monster? Mr Hyde from Dr Jekyll And Mr Hyde. I like this whole idea that people can be one thing but, deep down, they can be completely different. How did you last a whole tour without trying it on with Lily Allen? Ha-ha! Ah, the lovely Lily Allen! She's beautiful but it's also her personality that makes her so attractive. She's intelligent, she's funny, she's witty. I'd love to get her out of retirement and work with her again, but it looks like she's going to be busy bringing up a kid for the next 18 years! Who else would you like to collaborate with? I'd really like to work with two producers - Alex Da Kid who did B.o.B's Airplanes and Monobo, who's just signed to Ninja Tune. They're both wicked. You, er, "mention" Pixie Lott in one of your songs. Has she been in touch? You mean, has she been in touch since I said I want to stick my c*ck in her? Yeah, we're actually good friends now - she's a great girl, really nice. Her sister doesn't like me as much! I saw her recently at the V Festival and she said, "You'd better

else I'll come looking for you!" You got stabbed two weeks after getting "Lucky" inked on your neck. Surely that was a bit unlucky? I'm not a fan of irony and it was definitely ironic when that happened. At least I had shot the Upper Clapton Dance video, so there's a record of what it looked like before. You can look at it two ways - either I was unlucky to get stabbed or I was lucky to get stabbed in the neck and survive. Could you beat Eminem in a battle rap? I've got a lot of time for Eminem. I grew up listening to his first two albums, which were amazing. He's a bit harsher on people than I am, so we're not so similar in that sense. That's a hard question, though. All I'll say is it's all very well sitting down writing lyrics it's a lot harder when you have to come up with things off the top of your head. I'd do alright! If you were a real professor, what would you want to be a professor of? Gynaecology! I spend a lot of time studying the female anatomy already! You had your teeth done. Would you consider any other cosmetic surgery? I'd get my

t*ts done, I could pull that off.

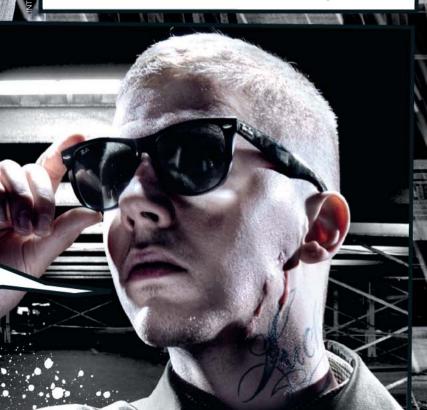
not talk about Pixie again or



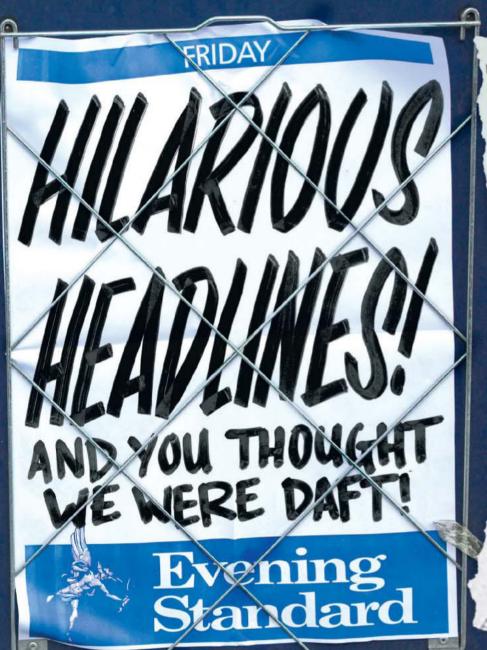
you've met? When I was in Edinburgh, these two sisters came up and asked me if I wanted to have a threesome with them. That was mental! And did you? You know what? When you're with your mates down the pub and an idea comes up like that, you all go, "Yeah, that'd be wicked!" But when the opportunity actually happens in real life, it's different. I just said to them, "What's wrong with you? You want to have sex in the same room as your sister? Nah!" Do you think fame has changed you? No, I'm no different. I still knock about with the same mates and they treat me the same as always they still call me a c**t! Thanks, Professor Green! Finally, you're a bit of a ladies man – how do you impress women? I love women but I don't try anything to impress them. I'm just nice. A mate of mine recently told me his best line - "Why haven't I f**ked you yet?" – so maybe I'll use that! Seriously, though, I wouldn't be interested in anyone who'd respond to that. I respect a challenge!

Professor Green recorded an exclusive track for the Doritos Late Night flavours campaign, called Coming To Get Me. Visit DoritosLateNight.com to view a performance of the song, filmed with cutting-edge 360-degree camera tech!





Standard





Hooker named Lay Person of the Year

HOOKER HORROR!

We're sure the folks in DeKalb, Illinois, were pleased when this news came out. Hilda Hooker, though, probably wasn't!

Va. (AP)

Teri

Porn sta sues over rear-end collision

PORNY PUN!

Colleagues Finger Bil

Teri Weigel was awarded half a million dollars for this shunt which seems odd. Surely it's all in a day's work for a porn star?

and Hand for Stock Trucking Type; "Get un Edge or You're Gone

GUN GAFFE! What else would you expect to

find when you raid a gun shop?

Federal Agents Raid Gun Shop, Find Weapons

Store Owner Arrested Previously

If this is how US workmates treat each other, we're glad we live in Blighty! Still, for a billion quid, we'd think about it!



JESSICA-JANE CLEMENT PRESENTS The Real Hustle hottie is back. And she's brought some friends! running coach, funnier than Frankie Boyle's joke book and able to hustle her way behind any bar going, it's no wonder we're so smitten! Feast your eyes, gents, as the sexy Jessica-Jane Clement returns to Nuts. And Rosie, Holly and India have only gone and joined her!



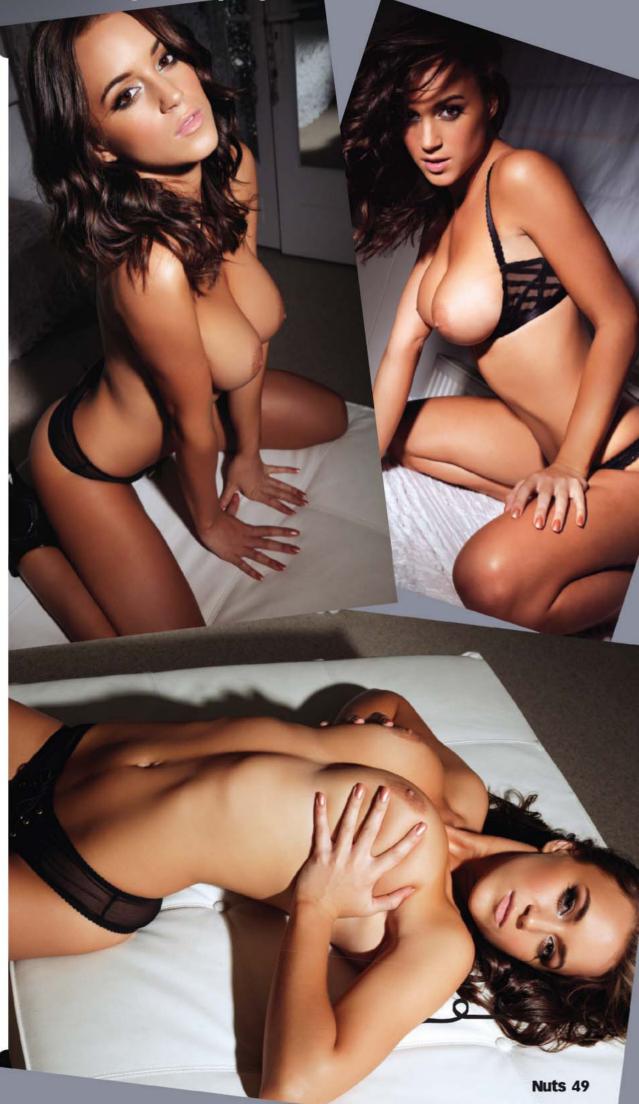






ROSIE JONES i Rosie! What was

the last lie you told? I don't lie because I'm bad at it! I'm the kind of person where even if I'm telling the truth, I look like I'm lying. I reckon the last lie I told was to a bouncer when I was too young to get into a club! Who was the last person you saw in the nude? Probably Emma Glover. And before that, Stacey Massey. We're all going out tonight, so I've seen loads of naked girls on the shoot today, then I'll probably see them naked again later. It's just normal for me to see naked girls! Maybe I'll look back when I'm older and think, "That was weird!" If you could pick a different look for a shoot, what would you like to do? I'd like to do something totally different, like really dark. I want leather and whips and chains! I don't know if it'd suit me but we could let the Nuts readers decide! In general, do blokes want sex more than women? I don't know if they want it more, but women can control themselves better. It must be weird being a man! It is! If you could extend one part of your body, what would it be? Maybe my fingers. Then I could do more, like carry more bags when I'm shopping! What'd be your idea of the best ever Nuts interview? Get us girls to play "I've Never" and write down the answers. You'll learn our stories and we'll get drunk – everybody's a winner! 📑

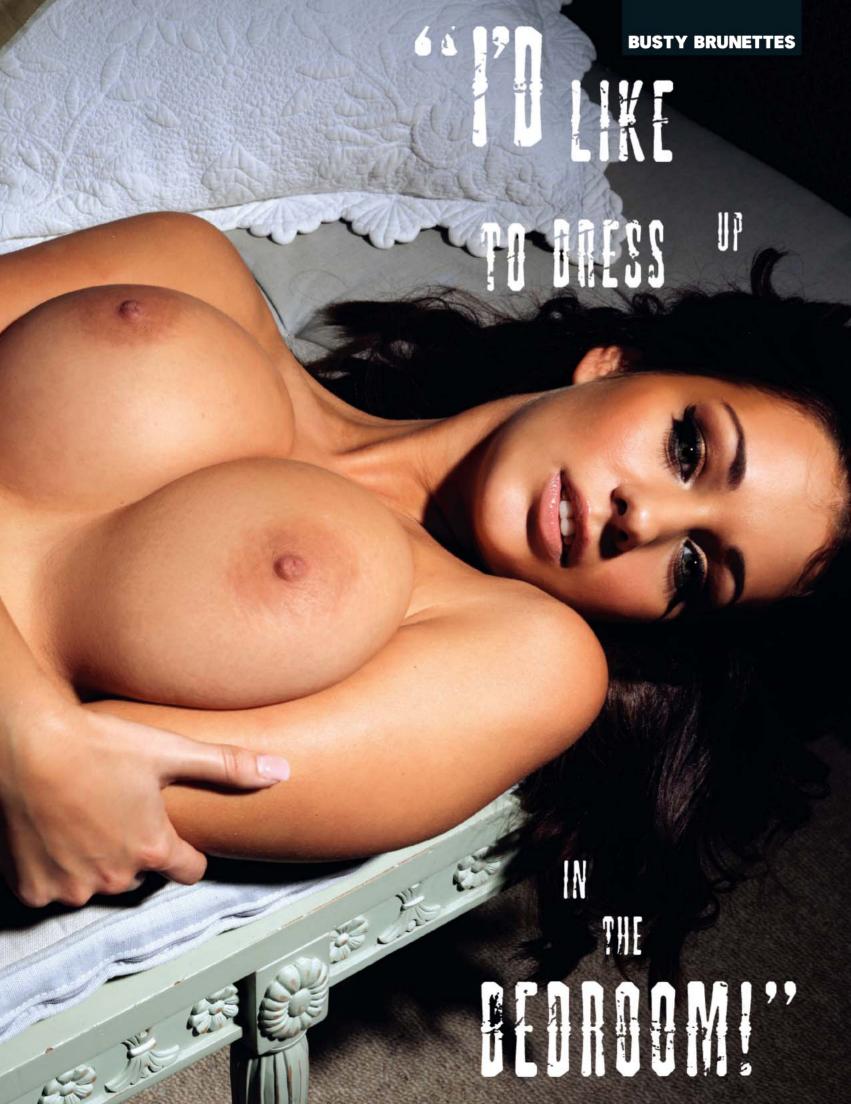


HOLLY PEERS

i Holly! This was a sexy shoot. Is it hard to get into all those poses? It was hard today! The photographer said, "I'm just going to move your leg," and he was bending it towards my head! After a while, I was like, "I think my leg's going to come off!" Name three things in life you've never done before. I've never been skiing. I'd love to meet David Bowie. I'd be totally speechless. I'd ask him what's his favourite song that he's ever written - when I got my voice back! As far as a sexy thing goes, I'd like to dress up in the bedroom. Maybe play a role, like a policewoman, and beat my man up a bit! Brunettes are supposed to be dark and mysterious. Is this true? No, I'm an open book! But I think the whole thing comes from the Spanish dark-haired look. We can't speak their language, and that's why they're mysterious. I'm a quarter Maltese, so that explains my looks a bit. You do lots of saucy shoots for us - what look would you like to pick for yourself? I'd really like to do something pink and fluffy, with nighties and all that stuff. Quite angelic! What's the worst thing you've ever done? I read my 11-year-old sister's diary and I used to read my other sister's schoolbooks to take the mick out of how thick she was! I was quite intelligent, so I thought I

could dish it out. I'm evil!







INDIA REYNOLDS

i India! When was the last time you told a lie? I lie all the time! Nothing too horrible, just like if you feel too tired to go out or something. And when I meet people when I'm out and they ask me what I do, I hate saying I'm a model, so I make stuff up. I say I've got an office job, or I work in insurance something. What's a normal day like for you? If I'm not working, I'll have a lie-in until about halften, then I'll get up and get ready for whatever I've got planned. Every day's different for me really. What's your funniest sex story? One of my friends went to the clinic to get the pill and the woman said, "How many partners have you had?" and my friend said, "None." The woman said, "Why do you need the pill?" and my friend said, "They weren't partners, they were mistakes!" How will you keep warm this winter? By having loads of sex! Apart from that, I'll have the heaters going full blast. My parents go crazy and say the gas bill is ridiculous. But it's cold! If you could pick a different kind of shoot for yourself, what would you pick? I'd like to do a bondage shoot with Rosie. I really like the sexy shoots with lots of sexy lingerie. I'd love to do a Christmas shoot, can I be in your Christmas issue? If you had a business card, what would it say? Just my name. Or a map of India, that'd be quite funny. It'd just say, "India Reynolds:

Gets Naked." That works!■



UISSE VIII **FLAPPING AT CORNERS, EVERY WEEK!**

Reeper crisis! We save Arsene Wenger and co some money!

Poor old Arsenal have struggled of late when it comes to goalkeeping what with " Nuts solves Arsenal's

stopper Manuel Almunia practically throwing balls into his own net, and back-up Lukasz Flappy-handski hardly inspiring confidence.

So we decided to help the Gunners out. After hours (OK, minutes) in our special Nuts laboratory, we delivered our invention to Arsenal massive goalie gloves!

54 Nuts





Nuts SPORT

Arsenal fans' view



AARON, MILTON KEYNES What do you think of our

gloves? "I like them! We certainly need a bit of help in that department, and your gloves will save us from breaking the bank."



STEPHANIE, MEXICO Are you a fan of our goalie gloves? "I think

they're amazing! But to be honest, I don't think Manuel Almunia needs them – I think he's a great keeper just the way he is!"



CHRIS, NIGERIA Do you like our new mitts? "I'm not all that confident they'd

work. And if Almunia or Fabianski wore them, they'd look ridiculous! Arsenal need a new keeper and a defender as well."



WARREN, HACKNEY Would Arsenal

win anything with these

gloves? "I think we might, yeah! I'm just gutted we didn't buy Mark Schwarzer. He's a world-class keeper."



LUKE, MILTON KEYNES

Do you think our gloves will solve Arsenal's woes?

"With the keepers we have at the moment? No way!"

Thanks to Cutfoam for the massive goalie gloves. Visit www.cutfoam.co.uk

BEHIND THE SCENES ON...

ALeague of set of the property of the property

The ace quiz is back, and we were there to see it!

ames Corden's brilliant sports-based telly quiz is back this week, so when Nuts was invited along to come and have a nose around the set and chat with the stars of the show, we jumped at the chance!

We weren't sure what to expect when we rocked up at the studio, but when even the audience was packed with stars like Louise Redknapp and Scott Parker, we were sure the show was going to be a belter – and it was!

The new series of A League Of Their Own starts on Sky 1 HD on 7 October







Match Of The Day still has a place in football!

et me start off by saying that I think *Match Of The Day* is an institution. It's had some stick recently from the likes of Stan Collymore, who said the format is tired and full of in-jokes, with no real opinions being shared.

"Hansen and the boys know the game inside out"

I don't entirely agree. Alan Hansen, Alan Shearer, Mark Lawrenson and Gary Lineker all know the game inside out, and have the trophies from their playing days to prove it.

Because I present Sky Sports' Goals On Sunday – something of a rival show to MOTD – I make a point of not watching the BBC show in case I find my opinions are affected by anything said. But I'll watch it afterwards, and I think it only needs fine tuning.

One of the issues I have with the current format is that Gary Lineker, one of the finest strikers England has ever produced, isn't given the chance to air his views, because his role is solely that of presenter. One of the best things about *Goals On Sunday* is that not only do I present, I also get to analyse incidents, then give my views on them. This is the real problem with *MOTD* – there's no discussion between panel members. It's a case of

Alan Hansen giving an opinion and the others agreeing.

Another thing I like about my show is that I have direct contact with the managers. I'll call them or they'll call me to ask me to bring up incidents on the show, and we'll also have them on the sofa. Football fans have moved on in the last 15 years. They're more knowledgeable and expect some varied opinions. If MOTD gave them some arguments now and again, it could be great!





HOW ROOMEY CAN DOUNCE Sky Sports legend Merse has a sixpoint plan to save our Wazza!



■ TALK TO FERGIE!

"Fergie dropped a clanger by 'resting' Rooney for the Everton game. Yeah, he was going to get stick but Ferguson fed the fire. Wayne should have played, took the abuse on the chin and showed everyone he wasn't going to be beaten. He needs to tell Fergie he'll stand up to whatever comes his way!"



BE A MAN!

"If a bloke working in a factory is caught cheating by his missus, he can't ring in and say, 'I ain't coming in, I'm having mayhem at home!' And yeah, maybe a factory worker isn't followed by the media, but at the same time, he ain't earning £100k every week.

Respect the fans and they'll respect you!"



3 SEE FOOTBALL AS A REFUGE! "Everyone knows I had troubles in

my career but I can tell you they all went away the minute I crossed that line. All my problems went out of the window for 90 minutes – it was my release. Everyone's different but I think Rooney should see the game as his friend, rather than his enemy."



to get his name in the papers for football!"

problems on himself, nobody else did!"



ANGRY FANS! "Too strong?" "Yeah, maybe!" PLAGUE, FAMINE, WAR & DEATH FOUR LIARS OF THE APOCALYPSE GET OUT OF OUR CLUB Joe Hart? Who needs him?" WELL HELD! A TAD CAMP! **GREEN: FRIENDLY!**

"Ooh, look, there's mum in the crowd!"

MAN-LYVE CORNER!



OUOTE ME ON THAT!

This week's biggest match debaters!



'I watch Peppa Pig. I know all the characters" Kevin Nolan oves kids' telly.

"You can't throw your h on Davi Ngog"

"I'm hoping our pre-Ashes training camp will be in Las Vegas or at the **Munich Beer** Festival"

dream

"Didier **Drogba** is two

"Gary Neville does get on your nerves. I do wish he'd shut up occasionally"

> "I bet Sam Allardyce used to eat Vicks VapoRub"

Ian Holloway on Big Sam's big appetite

"I don't know why the referee gav a yellow car to Paddy **McGuinness**

"At 4-0 down, do **Blackpool** become hard to beat?"

Er. it would be a bit late for that Redknapp.

"Both teams are right at the top of their game but with room for improvement"

How is that possible, Kevin Keegan?

"Fans call me Fat Head, The Elephant Man and Mr Potato Head"

'00-ER SOUNDS A BIT RUDE' CORNER!

"When he opens up his legs, he's impressive⁴

"I always tell Jermain Defoe to get attracted to the keeper"

Ian Wright likes match-making

"Sometimes, you just want to ram it in"

Jermain Defoe wants to

Striker

By PETE NASH and SIMON RAVENHILL

striker3d.com











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Nuts REAL GIRLS





Nuts GAMBLING MASTERCLASS!

We poured this advice into a *Nuts* man's head and sent him online to try to win!

Deal or No Deal top tips!

eal or No Deal is a game enjoyed just by those who believe in a "system", right? Well, the TV game show might be, but the multi-line slot isn't!

For as little as 5p a go, you can win big – and if you're willing to play on all lines, you could win a progressive jackpot. In fact, one recent winner walked off with £1.4m!

And best of all? You can win big money in the comfort of your own home!

HOW TO PLAY

- The aim is to get winning symbol combinations from a spin of the reels, with the ultimate aim being to win the progressive jackpot.
- You can gamble up to 20p on each of the 20 pay lines. That's up to 20 chances to win on each play!
- The progressive jackpot can only be won on the Deal or No Deal bonus game, but there are also two other fun bonus games called Banker's Offer and Mystery Box Bonus, where you can win cash.

THE NUMBER LINES

It's all self-explanatory – click the number beside the reels, or the "Bet One" or "Bet Max" button. Choose Bet Max for the chance to play the bonus game and win the biggest jackpots!

DEAL OR NO DEAL BONUS GAME

If you're betting on all 20 pay lines and you get three Deal or No Deal bonus symbols on any pay line, the bonus game begins. This is much like the Deal Or No Deal TV show, only the big progressive jackpot is at stake here. Don't be too greedy or, like us, you could end up with £8 instead of £100!

He won big!

Chris B won £456,168 on Deal or No Deal!**

"It's brilliant! I might move somewhere hot and buy a house. It hasn't sunk in yet!"



GET UP TO £200 FREE PLAY* ON DEAL OR NO DEAL! SIGN UP TODAY AND ENTER PROMO CODE NUTSA40

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BEDROOM BABES!

Vote for your favourite - and she'll star in Nuts!

Vote for your favourite at www.nuts.co.uk/girls



REAL GIRLS, Nuts! Nuts! REAL PLACES!

Ladies, would you like Nuts to hang out with you for the day? Email a photo and a bit of info about yourself to nutsgirls@ipcmedia.com or write to Real Girls UK at the address on page 72. You must be at least 18 years old.

THIS WEEK: Name: Fran **Age:** 21 Boobs: 32D. "I love them!" Likes: "Bad boys!" Ever kissed a girl? "Only on a few occasions!"

Strangest place you've had sex? "In a lift!" Sex tip: "I like it rough

Greenwich

and ready!"



Fran on... **sleep-talking!**"I get up early for work, so

I'll take any excuse for a lie-in. I sleep-talk like crazy – it's quite embarrassing, I say very dirty things in my sleep!"

PHOTOS: ELLIS O'BRIEN

Fran on... her home!

"There are some nice bars and restaurants here but I usually head to the big clubs in central London. The O2 Arena is nearby but I've never been!"

Fran on... being blonde!

"Blondes get more attention. I love being blonde. I'd never go grunette. Don't call me ditzy, though. I'm not a dumb blonde, thank you very much!"

Fran on... her boobs!

"I love my boobs! They give me lots of confidence. I either show off legs, back or boobs, depending on which is most flattering with my outfit."



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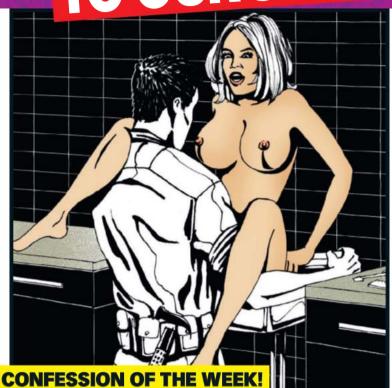


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BACK ISSUES For all Nuts back issues, call John Denton Services on 01733 385170, fax 01733 239356

CONFESSION TO OUR SECRETARY!

IT'S LOU!



'He didn't just fix my leaky tap'

I met a cute plumber a few weeks ago so when my tap broke at home, he came round. I showed him to the sink and while he started work, I changed into a skimpy pair of pants, so when he emerged from under the sink, I was stood there in my undies. His eyes roamed all over my body and before I could say anything, we were passionately snogging and he'd hoisted me up onto the sink. Lifting my legs up, he pulled my knickers to the side and inserted a finger, shortly replaced by his tongue. I practically dragged him upstairs to finish the job and now, three months on, we're dating!

Lisa, Essex

'We had some X-rated fun'

I was a bridesmaid at my best mate's wedding last week and was really looking forward to the day, except for one thing. The bride's brother was the best man and years ago, we had an affair that didn't end very well. I was nervous about seeing him again and sure enough, he was pretty horrible to me. From the moment we met, he sneered at everything I said and generally made it clear he thought I was a bit annoying. Anyway, after the bride and

groom's first dance, I shot back to my room to retouch my make-up. Minutes later, there was a knock at the door and to my complete surprise, the "bridesmaid-hating" best man was standing there looking me up and down and he pushed me backwards into the room. Normally, I'd have told him where to go but the sexual tension between us was unbearable. He pinned me down, tore off my dress and kissed me all over. I loved being submissive and let him take control. After 20 minutes of X-rated fun, we joined the party downstairs and gave each other daggers for the rest of the night. No one suspected a thing!

Donna, Crawley

'He stripped me slowly'

I went away with some mates for the weekend and the girl I was sharing a room with threw a massive strop and stormed off from the group. Feeling upset by what had gone on, I sat in my room having a bit of a cry. After some time, one of the lads poked his head round the door and asked if I was OK because everyone else was downstairs in the bar. He saw my red face and swollen eyes and gave me a huge bear hug. The next thing I knew, he'd taken my face in his hands and was kissing me gently on the lips. All my anguish faded away and I totally melted beneath him. I'd secretly wanted this to happen for weeks. He was so sexy and we stared at each other for a few

seconds before carrying on. I knew I should stop and go after my friend but I just couldn't help myself. We rolled about on the bed and as he started slowly stripping my clothes off, I noticed his erection was getting bigger. We did it for hours and I totally forgot about my sulking friend!

Karen, Devon

'We gave each other oral'

I work as a physio for a women's rugby team. One week, though, I got a call asking me to come down and treat some of the men's team as their usual physio had to rush off for some emergency. I'd always fancied the sexy scrumhalf but told myself that if he came in to see me, I'd be ultraprofessional. Some hope! Almost inevitably, he arrived complaining of a pulled hamstring, stripped to a pair of tiny boxers and jumped on the couch. He had strapping shoulders and big biceps. Nice arms have always been my weakness! After a bit of flirty chit-chat, he pulled me towards him and I didn't resist. We gave each other oral sex as quietly as possible. It remains the most thrilling point of my career!

Jenny, London

Win £50!



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5 WAYS TO THE PERECT SHAVE

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Give your face a good old scrub preshave to remove grease and lift your beard, for a much better shave.

Stockist: Boots



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We're big fans of Gillette's razors at Nuts, and its shaving gel is the business too. It's cheap and it lasts ages – what's not to like? Stockist: nationwide



WILKINSON SWORD HYDRO 5 RAZOR £8

This features a fancy "hydrating reservoir" that moisturises as you shave, plus skin guards to stop you suffering nicks to it.

Stockist: nationwide



L'ORÉAL MEN EXPERT POST-SHAVE BALM £5

This stuff cools postshave and will work wonders on your raw neck after a visit to the hairdresser too. **Stockist:** nationwide



Suffer from ingrowing hair? Smooth this over your face and it'll draw it to the surface.

Stockist: 0845 612 2070



Nuts REVIEWS



ENSLAVED: ODYSSEY
TO THE WEST PS3, XBOX 360 Post-apocalyptic

men vs robots adventure that

features some terrific writing and

acting (including Andy Serkis). The plot sees two mismatched humans trying to negotiate a future where robots have gone mental. But it's all about the writing, characters and performances, which are universally awesome. The best new franchise of the year? Almost certainly. ★★★★





Pro Evo's back! The passing's sublime, the shooting's fun and the game feels like it'll take time to master - just how we like it! ****



FRONT MISSION EVOLVED



Use your automated war machine to shoot the stuffing out of other mechs in this reasonably indecipherable shooter. ★★★

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to brilliant travel offers, it's like free money. Sort of! ★★★★

FOOTBALL LEAGUE – CLUBS' APP IPHONE, ITOUCH, IPAD



Premier League? Pah! Get the lowdown on the lower leagues with this comprehensive

app including team news, live text updates and videos! ★★★



SAW: THE ULTIMATE COLLECTION CERT 18 DVD



With the seventh and final film in the franchise - Saw 3D - arriving at cinemas at the end of the month, why not get this DVD box set

and reacquaint yourself with all six previous films following those terrifying killing machines, Jigsaw and successor Mark Hoffman, and their, er, "imaginative" ways of offing people? Definitely not one to watch with the lady! ★★★★

THAT MITCHELL & WEBB LOOK: SERIES 4 CERT 15 DVD



Another top batch of sketches from the double act. introducing such delights as Holmes and Watson in their old age! ★★★★

MODERN FAMILY: THE FIRST SEASON CERT 15 DVD



The first series of the excellent **US** mockumentary following three families in all its cringeworthy glory. Funny stuff! ★★★★

HEROES: SEASON 4



The final (and weakest) series of the supernatural drama. But - hey! it still stars Hayden Panettiere, so who's complaining? ★★★



TINIE TEMPAH



Tinie blazes onto the LP racks with one bad pun and a load of corking pop-rap classics,

with Ellie Goulding and Kelly Rowland guesting. ★★★

FRAN HEALY



What is it with bad puns this week? Anyway, the bloke from Travis is going it alone and has

gone all melancholy and wistful in his old age, as old folks do. ★★★



Nuts PROMOTION

Win all these games!

Vote in the Golden Joysticks and nab the lot!



Seven days of brilliant telly for blokes!



BBC

6.00am Breakfast 9.15 Heir Hunters (R) 10.00 Homes Under the Hammer (R) 11.00 LIVE Commonwealth Games: Eight more swimming finals from Delhi. 1.00pm BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 LIVE Commonwealth Games 5.00 **LIVE** Commonwealth Games: More from Delhi. 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

BBC

6.00am CBeebies 7.00 CBBC 8.00 LIVE Commonwealth Games: The track cycling finals from Delhi. 11.00 To Buy or Not to Buy (R) 11.30 Cash in the Attic (R) 12.00noon Daily Politics 12.30pm GMT with George Alagiah 1.00 WE Commonwealth Games: Swimming and athletics. 2.15 Flog It! (R) 3.00 CBBC 5.15 Escape to the Country (R) 6.00 Eggheads 6.30 Strictly Come Dancing - It Takes Two

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News 2.00 60 Minute Makeover 3.00 Secret Dealers 4.00 Midsomer Murders (R) 5.00 The Alan Titchmarsh Show 6.00 Regional News, Weather 6.30 ITV News

7.00 The One Show

7.30 Real Rescues A fire crew saves a paraglider stuck 70ft up a tree. Embarrassing. (R)

8.00 EastEnders

Alfie pulls out all the stops for Kat. Jellied eels for tea then. Lucky girl.

8.30 QI

With Jack Dee and Jimmy Carr. Ace!

9.00 New Tricks

The team re-open the four-year-old case of a murdered street artist.

10.00 BBC News, Weather 10.35 Would I Lie to You?

Charlie Brooker guests. (R)

11.05 The National **Lottery Draws**

11.20 The Night Listener

Mystery thriller starring Robin Williams as a radio host who befriends a 14-year-old fan.

12.35am Impostor

FILM Sci-fi thriller starring Gary
Sinise as a scientist accused of being an alien. Poor blighter.

2.05 Sign Zone: Who Do You Think You Are? (R) 3.05 Britain's Empty Homes (R) 3.35 BBC News 5.00-7.30am LIVE F1: The Japanese Grand Prix - Qualifying

7.00 Games Today

SPORT Highlights from the fifth day's events at the Commonwealth Games in Delhi.

8.00 Mastermind

More granite-tough guizzery.

8.30 Gardeners' World Green-fingered tinkering.

9.00 The Song of Lunch A narrative poem. Not our bag really.

9.50 Wind in the Willows

Bill Oddie mucks about with some furry friends on a riverbank. (R)

10.00 The Rob Brydon Show

Terry Wogan and Sharleen Spiteri are among the Welsh funnyman's guests.

10.30 Newsnight

11.00 The Review Show Cultural chinwagging.

11.50 Later with Jools Holland With Janelle Monae and Cee Lo Green.

12.50-2.40am The Singer

Romantic rubbish starring
Gerard Depardieu. No thanks.

7.00 Emmerdale

Goat-based boredom.

7.30 Coronation Street

More misery on the cobbles.

8.00 Cheetah Kingdom

Coco takes on a warthog family. Cheetah vs warthog? We're there!

8.30 Coronation Street 9.00 Paul O'Grady Live

Camp chatter with Robbie Williams and Gary Barlow on the couch. It's their first telly interview since Robbie came crawling back. In case you actually care.

10.00 ITV News

10.35 American Pie **Presents Band Camp**

Rubbish spin-off sequel set in the notorious band camp. Not a patch on the earlier ones, sadly.

12.15am The Zone

Shopping and interactive gaming.

2.20 FILM Out of Africa: Romantic drama starring Meryl Streep and Robert Redford. 5.00-5.30am ITV Nightscreen



BBC1 SCOTLAND: 7.00pm SPORT Sportscene 9.30-10.00pm EastEnders BBC1 NORTHERN IRELAND: 10.35pm SPOR International Football 11.15 Would I Lie to You? 11.45 The National Lottery Draws 11.55 FLM The Night Listener. Mystery thriller starring Robin Williams and Toni Collette. 1.10am BBC

News 1.35-2.05am Sign Zone: Panorama BBC1 WALES: 7.30-8.00pm Bang Goes the Theory BBC2 SCOTLAND: 8.00pm New Landward 8.30-9.00pm Mastermind BBC2 NORTHERN IRELAND: 8.00-8.30pm In Your Corner BBC2 WALES: 8.00-8.30pm SPORT Sport Wales STV: 8.00-8.30pm

TODAY'S SPORT

sky SPORTS 1

- 6.00am Good Morning Sports Fans (HD)
- 9.00 Darts (HD) 3.00pm Premier League World (HD)
- 3.30 Transworld Sport
- 4.30 Ringside (HD)
- 5.30 Premier League World (HD) 6.00 Football League Weekend: A look
- ahead to the weekend's fixtures. (HD) 7.00 LIVE Football: Northern Ireland take
- on Italy at Windsor Park, with the home side looking to take advantage of France's dodgy start to their Euro 2012 qualifying campaign. Kick-off 7.45pm. (HD)
- 10.00 Football
- 11.30 Take It Like a Fan
- 12.00m't Football League Weekend (HD)
- 1.00am Take It Like a Fan
- 1.30 Football
- 3.00 Football League Weekend (HD)
- 4.00 Take It Like a Fan
- 4.30-6.00am Football

sky SPORTS 2

6.00am Aerobics

- 6.30 Urban Ride
- 7.00 WWE: Raw (HD)
- 9.00 Ringside (HD)
- 10.00 Snooker: Round four of the Premier League from Brentwood, Essex.
- 1.25pm Cricket: Twenty20 fun with South Africa vs Zimbabwe. (HD)
- 5.00 NFI: Total Access
- 6.00 Darts: Day five of the World Grand Prix in Dublin. (HD)
- 7.40 WE Football: The Euro 2012 qualifier between Republic of Ireland and Russia at the Aviva Stadium, kick-off 7.45pm. (HD)
- 9.45 LIVE Darts: The latest arrow-chucking from the World Grand Prix. (HD)
- 12.00m't Tight Lines
- 1.00am NFL: Total Access
- 2.00 Rugby Union (HD) 4.30 Sportnation
- 5.00-6.00am NFL: Total Access

ON DIGITAL, SATE

FILM4 (315)

6.50pm Grease: Musical starring John Travolta and Olivia Newton-John. 9.00 Don't Say a Word: Thriller starring Michael Douglas. 11.10 After the Sunset: Comedy thriller starring Pierce Brosnan. 1.00-2.50am PREMIERE All Tomorrow's Parties:

Documentary about the music festival.

COMEDY CENTRAL (126)

7.00pm The King of Queens 7.30 Mike and Molly 8.00 Two and a Half Men 9.00 South Park 11.00 IIII Anger Management: Comedy starring Jack Nicholson and Adam Sandler. 1.05am



7.00pm 🞹 International Football 10.00

International Football 11.45 ESPN Kicks Extra 12.00m't WE NHL Ice Hockey 2.30am This Week in Baseball 3.00 Late Night Poker 4.00-5.00am UFC Unleashed

6.10am Planet Cook (R) 6.35 Yo Gabba Gabba (R) 7.00 Freshly Squeezed 7.30 Everybody Loves Raymond (R) 8.25 Frasier (R) 8.55 Friends (R) 9.30 Lakes on a Plate (R) 10.00 Wife Swap USA (R) 11.00 Supernanny USA (R) 11.50 My Eden (R) 12.00noon Channel 4 News Summary 12.05pm River Cottage Bites 12.15 FILM The Poseidon Adventure 2.25 Lakes on a Plate 2.55 Wogan's Perfect Recall 3.25 Countdown 4.10 Deal or No Deal 5.00 Come Dine with Me 5.30 Coach Trip 6.00 The Simpsons (R) 6.30 Hollyoaks

6.00am Milkshake! 9.15 The Wright Stuff 10.45 Trisha Goddard (R) 11.40 House (R) 12.35pm Five News 12.40 Meals in Moments (R) 12.50 Police Interceptors (R) 1.45 Neighbours 2.15 Home and Away 2.45 Meals in Moments 2.55 The Family Recipe (R) 3.05 FLM Diamond Girl: Romantic drama starring Kevin Otto and Joely Collins. 5.00 Five News, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 Live from Studio Five

6.00am The Biggest Loser US (R) 7.00 Brainiac: Science Abuse (R)(HD) 8.00 Oops TV (R) 9.00 Lion Man (R) 9.30 Lion Man (R) 10.00 Bones (R) 11.00 Wedding SOS (R) 11.30 New Parent Nightmares (R) (HD) 12.00noon The Biggest Loser US 1.00pm Project Runway (R) 2.00 Bones (R) 3.00 Stargate Atlantis (R)(HD) 4.00 Stargate Atlantis (R)(HD) 5.00 SPORT WWE Superstars: The latest action. 6.00 Oops TV (R)(HD) 6.30 The Simpsons (R)

7.00 The Simpsons Bart and Lisa think they've killed Martin.

7.30 The Simpsons

8.00 The Middle

9.00 House

10.00 Bones

on their relationship. (R)

Homer lets Bart in on his secret business

operation - manufacturing beef jerky. (R)

Frankie is faced with having to work on

Thanksgiving. Bad luck, mate! (R)(HD)

Cuddy and House take a sick day to work

More space-based strife as the crew of the

12.00m't Football's Greatest

SPORT The life and career of bucktoothed Brazilian legend,

Ronaldo. Expect goals. Lots of goals. (R)

12.30am Road Wars

Rucks on the road.

8.30 The Middle (R)(HD)

A woman dies in an explosion. (R)

11.00 Stargate Universe

Destiny run low on supplies. (R)(HD)

Uh-oh.(R)

7.00 News

7.25 4thought.tv 7.30 Unreported World

A look at underage drug addicts in Afghanistan. Grim, as you might imagine.

8.00 Come Dine with Me More culinary sniping with the bitchy

dinner-party contest.

9.00 Embarrassing Bodies: **Back to the Clinic**

The team catch up with a man who had a bent penis. A quick hint for him: if you've got a bent penis, get it sorted in private. Don't advertise it on the telly.

10.00 8 Out of 10 Cats MUST-SEE With Tim Minchin and, er, Uri Geller!

10.50 The Inbetweeners Simon and his girlfriend Tara visit her

sister at university. Priceless, as ever. 11.25 Frank Skinner:

Live from the NIA Birmingham 12.30am Music on 4: 360

Sessions: Mark Ronson A look round New York with the producer.

1.00 The Noisettes (R) 1.25 On Track (R) 1.40 Hung (R) 2.10 Studio 60 (R) 2.50 ER (R) 3.35 This Week's 4Music Top 20 5.25-6.10am Countdown (R)

Postcode Challenge 10.30 SPORT STV Sports Centre: Friday Night Football 11.00 STV News and Weather 11.15 Swingtown 12.05am Brain Box 1.00 FILM Dracula - Prince of Darkness:

7.00 Five News at 7 7.30 Fifth Gear

Petrol-guzzling antics as the BMW M3 and the Mercedes C63 AMG are put through their paces. Vroom!

8.00 Eddie Stobart: **Trucks and Trailers**

The drivers deliver parts to the World Rally Championship in Finland.

9.00 The Mentalist

Jane sets out to prove the innocence of a convicted murderer. Tricky sell. (R)

10.00 Law & Order: **Special Victims Unit**

A terminally ill man confesses to his involvement in unsolved bank robberies.

10.55 CSI: Miami

A hotel pool boy is found dead after sleeping with all three of the penthouse's guests! Plenty of suspects, then. (R)

11.55 Cops in Crisis

More hair-raising police work. (R)

12.10am SuperCasino

Michaela's Wild Challenge (R)

Live interactive money squandering.

4.05 SPORT Motorsport Mundial 4.30

How to Take Stunning Pictures (R) 4.55

Animal Rescue Squad (R) 5.10-6.00am

1.25 Road Wars (R) 2.15 Street Wars (R) 3.05 Oops TV (R) 3.30 Lost (R)(HD) 4.20 Lost (R)(HD) 5.10-6.00am Sell Me the Answer: Game show. (R)(HD)

Horror starring Christopher Lee and Barbara Shelley. 2.35-5.30am The Nightshift ULSTER: 10.35 Swingtown 11.35

Comedy Classics: The New Statesman 12.00m't Brain Box 2.30am Out of Africa: Romantic drama starring Meryl Streep and Robert Redford. 5.10-5.30am ITV Nightscreen

AND CABLE T TONIGHT

Comedy Central at the Comedy Store 1.35 Dara O Briain Talks Funny: Live in London 2.55 Grouchy Young Men 3.25 Two and a Half Men 3.55 Scrubs 4.20 The King of Queens 5.10-6.00am Frasier

DISCOVERY (520)

6.00pm Mythbusters 8.00 How Do They Do It? 8.30 How It's Made 9.00 The Truth Rehind 10.00 I Shouldn't Re Alive 11.00 Trawler Wars 12.00m't Bear Grvlls: Born Survivor 1.00am Swords: Life on the Line 2.00 Rory McGrath's Best of British Engineering 3.00 Weaponology 3.50 Mayday! 4.40 Days That Shook the World 5.30-6.00am How Does That Work?

BBC3 (115)

7.00pm Doctor Who 8.30 Great TV Mistakes 9.00 Little Britain: Vicky Pollard becomes a babysitter. 9.30 The King Is Dead: With Huey Morgan, Derek Acorah and Nathan Stewart-Jarrett. 10.00

EastEnders 10.30 Don't Tell the Bride 11.30 Family Guy 12.15am Little Britain 12.45 Ideal 1.15 Him and Her 1.45 The King Is Dead 2.15 Are You Fitter Than a Pensioner? 3.10 Don't Tell the Bride 4.10 Ideal 4.40-5.10am Him and Her

E4 (136)

7.00pm Hollyoaks 7.30 Friends: With Bruce Willis. 9.00 Wife Swap USA 10.00 FILM Snakes on a Plane 12.10am Scrubs 1.10 Wife Swap USA 2.00 What About Brian 3.25 Samantha Who? 3.50 The Hills 4.10-6.00am Switched

DAVE (111)

6.40pm Have I Got News for You 7.20 QI 8.00 Top Gear 9.00 Have I Got News for You 9.40 QI XL 10.40 Mock the Week 11.20 Red Dwarf 12.00m't Have I Got News for You 12.40am QI XL 1.40 Never Mind the Buzzcocks 2.15 Lead Balloon 2.45-3.00am SPORT Radical Highs

MTV (350)

7.00pm 16 and Pregnant 8.00 Celebrity Bites 8.30 MTV Meets Usher 9.00 MTV Crashes Glasgow 10.00 MTV Hoods: Katy Perry 10.30 Making the Video 11.00 World Stage 1.00am South Park 3.00-6.00am All the Hits

SYFY (129)

7.00pm A Town Called Eureka 8.00 Warehouse 13 **9.00** Haven **10.00** Double Impact 12.10am FLM The Da Vinci Treasure: Action adventure starring CThomas Howell. 2.00 Thunderbirds 3.00 Mysterious Ways 4.00 Quantum Leap 5.00-6.00am Smallville

7.00pm NCIS 10.00 MUST-SEE Dexter: Dexter tags along when the Trinity killer heads out of town. 11.10 Burn Notice 12.10am Farscape 1.10 Babylon 5 2.10 ReGenesis 3.10-4.10am Water Rats



I Love You, Beth Cooper

Sky Movies Premiere/HD, 5.40pm

A geeky high-school student declares his love for sexy cheerleader Hayden Panettiere in front of the whole school, with disastrous results. Funny stuff! ★★★★



Dexter FX, 10pm

DRAMA Sociopath decides to tag along Nuts' favourite serial-killing when the Trinity killer plans a trip. Hoping to discover his motivations, Dexter is instead knocked



8 Out Of 10 Cats Channel 4, 10pm

COMEDY Comedy panel shows are about as common as a cricket scandal these

days, but this one consistently stands out, as the ace Jimmy Carr hosts another round of list-related laughs. Jack Osbourne guests tonight. ***

BBC

7.30am Breakfast 9.00 LIVE Commonwealth Games 12.00noon BBC News, Regional News, Weather 12.15pm SPORT Football Focus 1.00 SPORT Formula 1: The Japanese Grand Prix - Qualifying (R) 2.15 LIVE Commonwealth Games: Further athletics coverage on day six in Delhi. 5.20 BBC News, Regional News, Weather **5.45** Strictly Come Dancing

BBC

6.00am CBeebies 7.00 CBBC 12.00noon IWE Commonwealth Games: Swimming and athletics coverage on day six in Delhi. 2.15pm Nigella Kitchen (R) 2.45 The Sky at Night (R) 3.05 [IIII Camelot: Musical starring Richard Harris and Vanessa Redgrave. 5.55 Britain's Biggest Book Prize: A Village Decides 6.25 War Walks (R) 6.55 SPORT Games Today: Day six of the Commonwealth Games in Delhi.

5.30am ITV News 6.00 CITV 10.00 FILM Columbo: A Matter of Honour: Crime drama starring Peter Falk. 11.30 This Morning: Saturday 12.30pm News, Weather 12.34 London Weather 12.35 The X Factor (R) 1.50 FILM Police Academy 4: Citizens on Patrol: Comedy starring Steve Guttenberg. 3.25 FILM Dr No: James Bond adventure starring Sean Connery.

5.30 Regional News, Weather 5.40 ITV News 5.55 All Star Family Fortunes 6.40 New You've Been Framed!

6.10am Planet Cook (R) 6.35 Yo Gabba Gabba (R) 7.00 SPORT World Sport 7.25 SPORT Superbike World Championship 2010 (R) 7.55 SPORT The Morning Line 8.55 T4: One Tree Hill (R) 9.50 Ugly Betty (R) 10.50 The Hollyoaks Music Show Playlist 11.20 NEW The Beckhams: Real Stories 12.20pm Charlie St Cloud: T4 Movie Special **12.50** Scrubs (R) **1.25** SPORT That Paralympic Show 1.55 LIVE Channel 4 Racing 4.10 Come Dine with Me: Back-to-back episodes. (R) 6.45 News

10.30 Eddie Stobart: Trucks and Trailers (R) 11.30 The Gadget Show (R) 12.30pm Rory and Paddy's Even Greater British Adventure (R) 1.30 FLM Calamity Jane: Musical Western starring Doris Day and Howard Keel. 3.30 FILM French Kiss: Romantic comedy starring Meg Ryan and Kevin Kline. 5.35 Five News 5.40 FILM Midnight in Saint Petersburg: Thriller starring Michael Caine and Jason Connery.

7.40 Merlin

The magical scamp is given a glimpse of the future and realises he must change the course of destiny. No pressure!

8.25 The National Lottery: In It to Win It

9.20 Casualty

Jordan tries to improve the image of the department. PVC uniforms all round!

10.10 Michael McIntyre's **Comedy Roadshow**

MUST-SEE More top stand-up, with Tommy Tiernan, Andrew Lawrence, Keith Farnan and Zoe Lyons providing the gags.

10.55 BBC News, Weather 11.15 The Football **League Show**

SPORT All the tap-ins and toe-pokes from today's fixtures in League One and League Two.

12.15am Alien Autopsy

FILM Sci-fi comedy starring Ant and Dec as a pair of mates with footage of, you guessed it, an alien autopsy. Stick to the telly, eh lads?

1.50-6.00am BBC News

7.55 Coast

Seaside-based boredom.

8.45 Dad's Army

Another dose of Wartime buffoonery. (R)

9.15 The First Blitz

The story of the first aerial bombing of Britain in 1915. Scary stuff. (R)

10.05 **QI XL**

Jack Dee and Jimmy Carr join the regulars for some more daft trivia.

10.50 The Rob Brydon Show

Terry Wogan and Sharleen Spiteri are the guests. Not a stellar line-up, granted, but at least Rob's funny! (R)

11.20 Genius with **Dave Gorman**

The Hairy Bikers lend a hand in sifting through some more dud ideas. (R)

11.50 The Getaway

Classic chase thriller starring
Steve McQueen, set in the aftermath of a daring bank robbery.

1.50-3.20am FLM Graves End: Suspense

thriller starring Steven Williams.

7.10 Harry Hill's TV Burp

MUST-SEE The comedian returns to take the mick out of the week's telly. Essential viewing.

7.40 The X Factor

MUST-SEE It's the first live show of the series! No more clueless idiots here (Louis aside), this is the real deal. Expect tears. Lots of tears.

10.10 Piers Morgan's Life Stories: Barbara Windsor

NEW The squeaky-voiced telly veteran tells Piers why she left Albert Square, and talks about those naff bingo ads. Maybe not the last bit.

11.10 ITV News, Weather

11.25 An Audience with Donny and Marie

The Osmond siblings entertain a celebrity audience in Las Vegas. No thanks. (R)

12.25am The Zone

Shopping and interactive gaming.

2.30 NEW Sons and Daughters: Family

comedy. 2.55-5.30am ITV Nightscreen

7.10 4thought.tv 7.15 My Family's

Crazy Gap Year An artist and his family head for Australia. Wow, crazy! Nobody goes there, do they?

8.15 Headhunters of World War II

Docu charting the experiences of a group of US airmen stranded in the jungles of Borneo in 1945 following a plane crash.

9.15 Die Hard 4.0

MUST-SEE He might have ditched the dirty vest, but Bruce Willis is still ace as ageing copper John McClane. This time around

he's facing a gang of cyber terrorists.

11.45 Hush

FILM British thriller starring William Ash as a luckless chap attempting to rescue his girlfriend when she's abducted from a service station.

1.30am FILM Prem Rog: Melodrama.

4.40 ER (R) 5.25-6.10am Countdown (R)

7.25 NCIS

The team go on the trail of a prescriptiondrug ring responsible for a string of suspicious deaths. (R)

8.20 NCIS

Ducky has to identify three bodies. All in a day's work, eh? (R

9.15 CSI: Crime Scene Investigation

The murder of a respected socialite is linked to illegal dog fighting. Woof! (R)

10.10 CSI: Crime Scene Investigation

A dead cheerleader is found in a tree. (R)

11.10 CSI: Miami

A man's mistress is found dead, complicating an already sticky divorce yet further, Nightmare! (R)

12.10am SuperCasino

Live interactive gaming.

4.05 Fifth Gear 4.30 House Doctor 4.55 The Family Recipe 5.05 Hana's Helpline 5.10 Milkshake! 5.35 Thomas & Friends 5.45-6.00am Roary the Racing Car

BBC2 SCOTLAND: 7.55pm War Walks 8.25 The First Blitz 9.15 QI XL 10.00 FILM Crying with Laughter: Thriller starring Stephen McCole. 11.30 The Rob Brydon Show 12.00m't-12.30am Genius with Dave Gorman BBC2 NORTHERN IRELAND:

8.45-9.15pm War Walks 10.05-10.50pm Tim McGarry's Irish History Lesson BBC2 WALES: 7.55pm War Walks 8.25-9.15pm Coast STV: 11.25pm Celebrity Juice 12.10am Brain Box 1.00 American Graffiti: Comedy drama starring

Richard Dreyfuss. 3.00-5.30am The Nightshift ULSTER: 11.25pm Star Bites 11.30 The New Statesman 12.00m't-2.30am Brain Box

sky SPORTS 1

6.00am Aerobics

6.30 Transworld Sport

7.30 LIVE Rugby Union: Southland vs Canterbury, kick-off 7.35.

9.30 Darts (HD)

11.30 Boxing (HD)

1.00pm LIVE Rugby Union: Leinster take on Racing Metro, kick-off 1.30. (HD) 3.15 LIVE Rugby Union: Scarlets vs

Perpignan, kick-off 3.30. (HD) 5.30 LIVE Rugby Union: London Irish

vs Munster, kick-off 5.45. (HD) 8.00 LIVE Boxing: The Prizefighter

tournament from London. (HD) 11.00 Champions League Weekly (HD)

11.30 Take It Like a Fan

12 00m't NFI · Total Access

1.00am Boxing (HD)

4.00 Champions League Weekly (HD)

4.30 Take It Like a Fan 5.00-6.00am NFL: America's Game

TODAY'S SPORT

sky SPORTS 2

6.00am Take It Like a Fan 6.30 Football

8.00 Football League Weekend (HD)

9.00 Champions League Weekly (HD)

9.30 Take It Like a Fan 10.00 Soccer AM

12.00noon LIVE Football: League One action as Brighton host Bournemouth, kick-off 12.15pm. (HD)

2.30pm Take It Like a Fan

3.00 WWE: Smackdown (HD)

5.00 Take It Like a Fan

5.30 Prizefighter Boxing (HD) 7.00 LIVE Darts: Arrow-tossing antics at the World Grand Prix. (HD)

11.00 WWE: Superstars (HD) 12.00m't WWE: NXT(HD)

1.00am WWE: Smackdown (HD) 3.00 WWE: Bottom Line (HD)

4.00 Max Power 5.00-6.00am Sports Unlimited

FILM4 (315)

6.45pm Ever After: A Cinderella Story: Romantic drama starring Drew Barrymore and Dougray Scott. 9.00 The Sentinel: Spy thriller starring Michael Douglas. 11.05 One Missed Call: Japanese horror starring Kou Shibasaki. 1.15-3.40am Amùlie: French drama with Audrey Tautou.

COMEDY CENTRAL (126)

7.00pm Frasier: Analysing the Laughter 7.45 The King of Queens 8.15 Two and a Half Men 9.15 FLM Anger Management: Comedy starring Jack Nicholson and Adam Śandler. **11.20** Sean Lock Live

4.45pm International Football 8.00 LIVE

International Football 10.00 Goal! Special 10.30 Major League Soccer 12.15am UFC 1.15 ESPN Kicks 1.30 LIVE NHL 4.00 Baseball 4.30-5.45am Superleague

12.30am Comedy Central at the Comedy Store **1.00** South Park **2.00** Two and a Half Men 3.00 Comedy Store 4.00 Rules of Engagement 4.20 Everybody Loves Raymond 5.10-6.00am Frasier

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

DISCOVERY (520)

7.00pm Bear Grylls: Born Survivor 8.00 How It's Made 9.00 Greatest Tank Battles 10.00 River Monsters 11.00 How the Universe Works 12.00m't | Shouldn't Be Alive **1.00am** Bear Grylls: Born Survivor 5.30-6.00am How Does That Work?

7.00pm Great Movie Mistakes 7.05 Top Gear Bolivia Special 8.25 Doctor Who 9.15 FILM Déjà Vu: Sci-fi thriller starring Denzel Washington. 11.15 Live at the Apollo: With Rhod Gilbert, 12.00m't Family Guy 12.45am American Dad! 1.30 Young, Dumb and Living Off Mum 4.25-5.10am Live at the Apollo

E4 (136)

6.30pm Ugly Betty 7.30 The Big Bang Theory 8.00 How I Met Your Mother **8.30** Friends **10.00** The 100 Greatest Stand Ups 2010: A revised and updated edition of the countdown. 12.05am Veronica Mars 1.05 Wife Swap USA 2.00 Jo Frost: Extreme Parental Guidance 2.55 Scrubs 3.20-6.00am Hollyoaks

DAVE (111)

7.00pm Robot Wars Extreme 8.00 The Gadget Show 9.00 Mock the Week: With David Mitchell. 10.20 Would I Lie to You? 11.00 Argumental 11.40 Mock the Week 1.00am Would I Lie to You? 1.40 Never Mind the Buzzcocks 2.45-3.00am SPORT Radical Highs

MTV (350)

7.00pm Celebrity Bites 7.30 MTV Hoods: Katy Perry 8.00 16 and Pregnant 10.00 True Life 11.00 Celebrity Bites

9 OCTOBER SATURDAY

6.00am Brainiac: Science Abuse (R)(HD) 7.00 Lion Man (R) 7.30 Lion Man (R) 8.00 Customs UK (R) 8.30 Customs UK (R) 9.00 Best of Oops TV (R) 10.00 SPORT Soccer AM 12.00noon Oops TV (R) 1.00pm Malcolm in the Middle (R)(HD) 1.30 Malcolm in the Middle (R)(HD) 2.00 Project Runway (R) 3.00 Liza and Huey's Pet Nation (R)(HD) 4.00 My Pet Shame (R) (HD) 5.00 Fat Families: Second Helpings (R)(HD) 6.00 Futurama (R) 6.30 The Simpsons: American animation. (R)(HD)

7.00 The Simpsons

Moe becomes a judge on American Idol. A top episode! (R)(HD)

7.30 The Simpsons

Lisa's popularity soars after she receives a bad grade. We wish our school had been like that. Sigh. (R)(HD)

8.00 The Boy Who Was Tied Up for Life

The story of Sujit Kumar, who was incarcerated from birth. Pretty weird stuff, to be honest. (R)

9.00 Pearl Harbor

Slushy war drama starring Ben Affleck and Josh Hartnett as a pair of US air force pilots who both fall for Kate Beckinsale. Overlong. (HD)

12.25am Fringe

Olivia fights to return home. (R)(HD)

1.25 Classic Albums (R) 2.45 Football Behind Bars (R)(HD) 3.40 Ross Kemp on Gangs 4.35 Don't Forget the Lyrics 5.30-6.00am Sell Me the Answer (R)(HD)

11.30 MTV Hoods: Katy Perry 12.00m't MTV Crashes Glasgow: Diddy-Dirty Money 1.00am Rihanna: The Official Top 20 3.00-6.00am All the Hits

6.20pm FILM Titanic 2: Disaster movie starring Bruce Davison and and Brooke Burns. 8.10 FILM Airline Disaster: Thriller with Lindsev McKeon. 10.00 FILM Open Graves: Horror with Fliza Dushku and Mike Vogel 11.40 Haven 12.40am FILM Swarm 2.20 3rd Rock from the Sun 2.50-6.00am Thunderbirds

FX (164)

7.00pm The Listener: Canadian drama. 8.00 American Dad! 9.00 Better Off Ted 10.00 Robot Chicken 10.15 Family Guy 11.15 Metalocalypse 11.30 Family Guy 12.30am The Venture Brothers 1.00 American Dad! 2.00 Family Guy 3.00-4.00am Better Off Ted

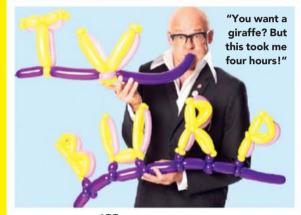
ODAY'S MUST-SEES



Die Hard 4.0

Channel 4, 9.15pm

You might think it'd be impossible for the Die Hard team to better Die Hard With A Vengeance - but it turns out you'd be wrong. Willis is back as John McClane, this time setting out to foil master hacker Timothy Olyphant as he wreaks havoc on the infrastructure of the US, all the time protecting computer geek (Justin Long) who can prevent it all from happening. Amazing stunts, corking wisecracks, outlandish gunplay - just another day on the job for McClane! ★★★★



Harry Hill's TV Burp

Harry's Back! Expect X Factor, Seven Days et al to go through the wringer as the baldy funnyman has a good old chuckle at the best and worst of the week's viewing. ★★★★★



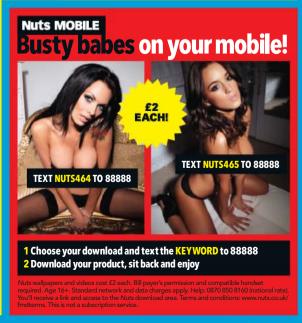
Michael McIntyre's **Comedy Roadshow**

COMEDY Lawrence and Zoe Lyons. *** Featuring Tommy Tiernan, Andrew



The X Factor ITV1, 7.40pm

It's the first of the live shows, so get your predictions in early as to which rubbish Jedward-esque act Louis will end up backing for stardom, who'll make Cheryl cry, and who'll bear the brunt of Simon's superb putdowns. ***



.00am MUST-SEE Formula 1: The Japanese Grand Prix: From the Suzuka Circuit starttime 7am. 9.10 The Andrew Marr Show 10.10 Sunday Morning Live 11.10 Country Tracks 12.10pm The Politics Show 1.10 SPORT Formula 1: The Japanese Grand Prix (R) 3.15 EastEnders 4.15 Points of View 4.30 Songs of Praise 5.05 Lost Land of the Tiger (R) 6.05 BBC News, Regional News, Weather 6.30 Countryfile

BBC

6.00am CBeebies 7.00 CBBC 8.45 LIVE MotoGP: The Malaysian Grand Prix. 10.00 Commonwealth Games: Including cycling, athletics, diving and tennis from Delhi. 12.00noon LVE Commonwealth Games: Featuring athletics, diving and tennis from Delhi. 5.15pm EastEnders: Omnibus. 6.15 Escape to the Country

5.30am ITV News 6.00 CITV 9.25 The X Factor (R) 11.55 This Morning: Sunday 12.55pm News, Weather 12.59 London Weather 1.00 Coronation Street 3.20 Midsomer Murders (R) 4.55 Downton Abbey (R) 6.00 Regional News, Weather 6.15 ITV News 6.30 Harry Hill's TV Burp: Top TV-related laughs with the comic. (R)

6.10am Sali Mali (R) 6.15 Planet Cook (R) 6.35 Yo Gabba Gabba (R) 7.00 SPORT British GT Championship 7.30 SPORT The Track and Field Show (R) 7.55 GT Academy 8.25 T4: N-Dubz at RockCorps 2010 8.55 Friends (R) 9.30 Hollyoaks 12.05pm McFly ft Taio Cruz: Video Exclusive 12.20 Ugly Betty 1.20 The Simpsons (R) 2.25 The Net: Thriller starring Sandra Bullock. 4.35 Deal or No Deal 5.25 Time Team 6.30 News 6.55 4thought.tv

How to Take Stunning Pictures (R) 11.40 Cowbov Builders (R) 12.40pm There's a Hippo in My House (R) 1.40 FLM The Great Race: Comedy starring Tony Curtis and Jack Lemmon. 4.35 Daddy Day Care: Family comedy starring Eddie Murphy and Jeff Garlin. 6.25 Five News 6.30 FILM Spider-Man 2: Fantasy adventure sequel starring Tobey Maquire.

7.30 Strictly Come Dancing

8.00 Antiques Roadshow The team value more decorative objects and rarities, AKA bits of old junk.

9.00 Single Father

NEW Drama starring David Tennant and Suranne Jones.

10.00 BBC News, **Regional News, Weather** 10.25 The Apprentice

A new batch of contestants try to flog sausages while beardy businessman Sir Alan bristles with rage. (R)

11.25 **Spooks**

A lethal nerve agent falls into the wrong hands. Whoops! (R)

12.30am Sign Zone: **Mountain Gorilla**

The endangered primates' fight for survival on the slopes of central Africa. (R)

7.00 Games Today

SPORT The first diving finals and the men's and women's 200m finals on the track, among other extremely energetic things.

8.00 Dragons' Den: **What Happened Next?**

The Dragons visit some of the contestants to see how their businesses are faring/ how much richer they've made them.

9.00 Louis Theroux: Law and Disorder in Lagos

The lanky journalist meets the gangs that run the city's streets. Grim stuff.

10.00 Mock the Week With Ed Byrne and Jack Whitehall. (R)

10.30 Andy Parsons: **Britain's Got Idiots**

MUST-SEE Stand-up gig from the baldy comic

11.30 Small Time Crooks

Woody Allen comedy co-starring Tracey Ullman.

7.00 The Cube

A Scotsman takes on a series of tasks within the confines of a large transparent cube. Well, if it makes him happy...

8.00 The X Factor

Dermot O'Leary announces the results. With a tune by Joe McElderry. Just so you know to keep the remote handy.

9.00 Downton Abbey Mary is smitten by a housequest.

10.05 ITV News, Weather 10.15 DCI Banks: Aftermath

Payne's wife is questioned. (R)

11.15 Piers Morgan's Life Stories: Barbara Windsor

The oldie actress talks about her career and relationships. Avoid! (R)

12.15am Drama Trails

Connections between crime dramas The Vice and Prime Suspect.

7.00 The Genius of British Art

William Hogarth's effect on the British sense of identity. His effect on us? Zero.

8.00 Undercover Boss USA

NEW Like the UK version, but louder, in other words.

9.00 Looking for Eric

PREMIERE Brilliant comedy drama about a postman who imagines he's getting life coaching from idol Eric Cantona.

11.10 Seven Days

Documentary following people living or working in Notting Hill. Worth watching for the presence of Samantha alone. (R)

12.15am Music on 4: Florence and the Machine: **Video Exclusive**

The video for Heavy in Your Arms.

12.20 On Track With Amy McDonald

12.30 The Album Chart Show With New York band MGMT.

1.05 WE American Football: San Francisco 49ers vs Philadelphia Eagles, kick-off 1.20am. 4.45 GT Academy (R)

9.00 The Da Vinci Code

You may have heard of this - it's based on some book or other. An academic falsely accused of murder uncovers a conspiracy to conceal an ancient secret. Tom Hanks stars.

11.50 The Gadget Show

Jon Bentley has a look at the pros and cons of 3D TVs, and visits Singapore to attend a robotics competition. In conclusion, we wish we had his job. (R)

12.50am SuperCasino

Live interactive gaming.

1.30 Holby City: Medical misery. (R) 2.30 Secret Britain (R) 3.30 The Big School Lottery (R) 4.30-6.00am BBC News

1.00-4.30am BBC News

1.10 The Zone 2.30 SPORT Motorsport UK 3.25-5.30am ITV Nightscreen

5.10-5.55am Countdown (R)

4.05 Police Interceptors (R) 4.55 The Family Recipe (R) 5.00 Hana (R) 5.10 Milkshake! (R) 5.35 Thomas & Friends (R) 5.45-6.00am Roary the Racing Car (R)

BBC1 NORTHERN IRELAND: 10.25pm The Politics Show 10.45 The Apprentice 11.45 Spooks 12.45-1.30am BBC News BBC2 SCOTLAND: 10.00pm Andy Parsons: Britain's Got Idiots 11.00 SPORT

the Week 12.20am Small Time Crooks: Comedy. 2.10-4.30am BBC News BBC2 NORTHERN IRELAND: 8.00-9.00pm Our Man in the Vatican - The Papal Visit STV: 9.00-10.05pm Scottish Rally Championship Highlights 11.50 Mock Taggart 10.15 DCI Banks: Aftermath 11.15 Total

Emergency 12.15am Brain Box 1.00 Raines 2.00-5.30am The Nightshift ULSTER: 7.00-8.00pm Lesser Spotted Ulster 10.15 FILM American Pie 12.00m't Brain Box 2.10am SPORT European Cup Rugby Union 2.55-3.25am Countrywise

TODAY'S SPORT

sky SPORTS 1

6.00am Aerobics 6.30 Prizefighter Boxing (HD) 9.30 The Sunday Supplement 11.00 Goals on Sunday (HD) 12.30pm LIVE Rugby Union: The European Cup match between Bath and Biarritz, kick-off 1pm. (HD)

2.45 LIVE Union: More European Cup egg-chasing, this time between Toulouse and Wasps, kick-off 3pm. (HD)

5.30 WE Rugby Union: *Bayonne vs*

Harlequins, kick-off 5.45pm. 7.30 MUST-SEE Darts: The final of the World rand Prix in Dublin. (HD)

10.00 Rugby Union (HD)

10.30 Football's Greatest

11.30 Darts (HD)

1.30am Rugby Union (HD) **2.00** Football's Greatest

3.00 Darts (HD)

5.00 Rugby Union (HD)

5.30-6.00am Football's Greatest

sky SPORTS 2

6.00am Horse of the Year Show: The fourth day of the event. (HD) 8.55 LIVE Cricket: Twenty20 ballthwacking between South Africa and Zimbabwe in Kimberlev.

12.30pm Tennis: Action from the Japan Open final in Tokyo.

2.00 Boxing: The Prizefighter tournament

from Bethnal Green, London. (HD) 5.00 Wild Spirits: Whitewater rafting,

BMX biking and snowboarding.

5.30 LIVE American Football: Kevin Cadle introduces coverage of the first of this evening's double bill..

9.00 LIVE American Football: And now he's back with the second part of it. 12.30am Tennis: Action from the Japan Open final in Tokyo again.

2.00-3.30am Golf: Action from the final round of the Alfred Dunhill Links Championship at St Andrews in Fife. (HD)

FILM4 (315)

5.05pm Guns of the Magnificent Seven: Western sequel. 7.10 Taxi: Comedy thriller remake. 9.00 Walk the Line: Biopic. 11.35 The Hole: Thriller. 1.30-3.55am

Natural Born Killers: Satirical crime thriller with Woody Harrelson and Juliette Lewis.

COMEDY CENTRAL (126)

9.00am Two and a Half Men 7.30pm Mike and Molly 8.00 Two and a Half Men 9.00 Live at the Apollo: With Jason Manford. 10.00 South Park 10.30 Michael McIntyre: Live & Laughing 11.50 Live at the Apollo 12.50am Two and a



7.00pm NHRA Drag Racing 7.30 NHL Ice Hockey

9.30 Superleague Formula 12.15am ESPN Kicks Extra 12.30 Press Pass 2010 1.00 LIVE NHL Ice Hockey 3.30 Poker 4.30-6.00am International Football

Half Men 1.50 South Park 2.50 Grouchy Young Men 3.20 Comedy Central at the Comedy Store 3.50 The King of Queens 4.15 Shortcuts Shuffle 4.20 Everybody Loves Raymond 5.10-6.00am Frasier

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

DISCOVERY (520)

7.00pm How Do They Do It? 8.00 How It's Made 9.00 Trawler Wars 10.00 Bear Grylls: Born Survivor 11.00 The End of the World Cult 12.00m't Is It Possible?: Nah, probably not. 1.00am Mythbusters 5.30-6.00am How Does That Work?

7.00pm Are You Fitter Than a Pensioner? 8.00 SPORT Formula 1: The Japanese Grand Prix - Highlights 9.00 Gavin & Stacey **9.30** Him and Her **10.00** American Dad! 10.45 Family Guy 11.30 Gavin & Stacey 12.00m't Ideal 12.30am Him and Her 1.00 The King Is Dead 1.30 Cherry Gets Married 2.30 Ideal 3.00 The King Is Dead 3.30 SPORT Formula 1: The Japanese Grand Prix - Highlights 4.30-5.25am Are You Fitter Than a Pensioner?

7.00pm Life Unexpected 7.55 Friends 9.00 Die Hard: Brilliant action thriller starring Bruce Willis. 11.40 Skins 1.50am Wife Swap USA 2.45 What About Brian 3.25-6.00am Hollyoaks

DAVE (111)

7.00pm Stephen Fry in America 8.20 I'm Alan Partridge 9.00 Live at the Apollo: With Jason Manford. 10.00 Dave's One Night Stand 11.00 QI 11.40 Live at the Apollo **12.40am** I'm Alan Partridge 1.20 QI 2.00 Never Mind the Buzzcocks 2.30-3.00am And Then You Die

MTV (350)

7.00pm Randy Jackson's America's Best Dance Crew 8.00 16 and Pregnant

6.00am Hour of Power 7.00 Lion Man (R) 7.30 Lion Man (R) 8.00 Malcolm in the Middle (R)(HD) 9.00 Customs UK (R) 10.00 SPORT WWE Superstars (R) 11.00 SPORT WWE: Experience (R)(HD)

12.00noon Futurama (R) 12.30pm Futurama (R) 1.00 The Real A&E (R)(HD) 1.30 Real Filth Fighters (R)(HD) 2.00 Emergency Animal Rescue (R)(HD) 3.00 Fat Families (R)(HD) 4.00 Futurama (R) 4.30 Futurama (R) 5.00 The Simpsons (R) 5.30 The Simpsons (R) 6.00 The Middle (HD) 6.30 The Middle (HD)

7.00 The Simpsons

Lisa embraces her creative side. (R)(HD)

7.30 The Simpsons

Bart befriends a prankster. (R)(HD)

8.00 Modern Family

Claire finally gets Phil to agree to sell their old station wagon. (R)(HD)

8.30 Modern Family

Cameron criticises Mitchell over his fear of public displays of affection. (R)(HD)

9.00 Thorne: Sleepyhead

MUST-SEE Distinctly ace new crime drama starring David Morrissey and Eddie Marsan.

10.00 House

Now that House and Cuddy are an item, they face the challenge of taking their lovey-doveyness into the workplace, all of which takes a back seat when an apparently healthy girl collapses. (HD)

11.00 An Idiot Abroad

Karl Pilkington stops off in Israel on his way to Petra, Jordan. (R)(HD)

12.00m't Inside: **Predator Task Force (R)**

1.00 Law & Order 1.50 Ross Kemp2.40 Road Wars 3.30 Family Court (R) 4.20 Don't Forget the Lyrics 5.10-6.00am Are You Smarter Than a 10 Year Old?

9.00 Jersey Shore 10.00 The Hard Times of RJ Berger 10.30 Valemont 11.00 The Dudesons in America: Mad stunts. 11.30 South Park 1.00am Jersey Shore 2.00 The Hard Times of RJ Berger 3.00-6.00am All the Hits

7.00pm Warehouse 13 8.00 Haven 9.00 FLM Stir of Echoes: Psychological thriller starring Kevin Bacon. 11.00 FILM Double Impact: Martial arts thriller starring Jean-Claude Van Damme. 1.10am FILM Flu Bird Horror: Thriller starring Clare Carey. 3.00 Painkiller Jane 4.00-6.00am Thunderbirds

6.00pm Burn Notice 8.00 NCIS 10.00 Dexter 11.10 Life 12.10am Burn Notice 1.10 To Catch a Predator 2.10 Cops 3.10 Robot Chicken 3.25 Metalocalypse 3.40-4.10am The Venture Brothers



Thorne: Sleepyhead

Decent British dramas are few and far between but it looks like Sky have bagged a winner with this crime saga based on Mark Billingham's book. Red Riding's David Morrissey plays DI Thorne, a troubled copper on the hunt for a baddie who gives his victims "locked-in syndrome", a nightmarish condition that leaves them paralysed and mute. The first of a three-part story, this is a proper police drama! ★★★★★



Formula 1: The Japanese Grand Prix BBC1, 6am

Wake up! It's the 16th round of a season that's slowly slipping away from Lewis Hamilton. Can he, er, get back on track here? ★★★



The Only Way Is Essex

The new reality show following a load of Essex wannabes sounds boring, until you notice one of said wannabes is sexy Sam Faiers, as seen in these very pages. Huzzah! ★★★



Live Darts Sky Sports 1/HD, 7.30pm

The final of the World Grand Prix from Dublin, and we'll stick our necks out and predict that Phil Taylor will somehow be involved, defending the title that he won against Raymond van Barneveld last year. ★★★★



Andy Parsons: Britain's Got Idiots BBC2, 10.30pm

Join the bald funnyman as he goes through everything that he thinks is wrong with Britain today. It's a long list! ★★★★

6.00am Breakfast 9.15 Heir Hunters (R) 10.00 Homes Under the Hammer 11.00 To Buy or Not to Buy (R) 11.30 Cash in the Attic (R) 12.15pm Bargain Hunt (R) 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 LIVE Commonwealth Games: Athletics action from Delhi. 5.00 LIVE Commonwealth Games: Even more from day eight in Delhi.

6.00 BBC News, Weather 6.30 Regional

BBC

6.00am CBeebies 7.00 CBBC 8.30 CBeebies 9.00 LIVE Commonwealth Games: Featuring rugby sevens, boxing and hockey from Delhi. **12.00noon** Daily Politics 12.30pm LIVE Commonwealth Games: Further coverage on day eight in Delhi. 2.15 Flog It! (R) 3.00 CBBC 5.15 Escape to the Country (R) 6.00 Eggheads 6.30 Strictly Come Dancing - It Takes Two

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women **1.30** ITV News **1.55** Regional News 2.00 60 Minute Makeover 3.00 NEW Dickinson's Real Deal: From Oldham 4.00 Midsomer Murders (R) 5.00 The Alan Titchmarsh Show 6.00 Regional News, Weather 6.30 ITV News

7.00 Emmerdale

Drizzle-soaked tedium.

8.00 Wild Britain

with Ray Mears

spectacular wildlife.

9.00 Whitechapel

committed by the Krays.

10.00 ITV News

Flat-cap-wearing foolishness.

7.30 Coronation Street

NEW Docu exploring Britain's finest habitats and most

NEW Chandler investigates another set of apparent copycat

killings, this time mirroring murders

10.35 Real Crime with Mark

8.30 Coronation Street

6.00am The Treacle People (R) 6.15 Planet Cook (R) 6.35 Yo Gabba Gabba (R) **7.00** Freshly Squeezed **7.30** Everybody Loves Raymond 8.25 Frasier 9.25 Lakes on a Plate (R) 10.00 Wife Swap USA 10.55 Supernanny USA(R) 11.50 My Eden(R) 12.00noon News 12.05pm River Cottage 12.10 A Place in the Sun (R) 1.15 The Man with the Gun 2.55 Wogan's Perfect Recall 3.25 Countdown 4.10 Deal or No Deal 5.00 Come Dine with Me 5.30 NEW Jamie's 30 Minute Meals 6.00 The Simpsons (R) 6.30 Hollyoaks

6.00am Milkshake! 9.15 The Wright Stuff 10.45 Trisha Goddard (R) 11.40 House (R) 12.35pm Five News 12.40 Meals in Moments (R) 12.50 Police Interceptors (R) 1.45 Neighbours 2.15 Home and Away 2.50 I Own Britain's Best Home: Flying Visit (R) 3.00 FILM Cutaway: Action thriller starring Tom Berenger. 5.00 Five News, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 Live from Studio Five

7.00 The One Show

News Programmes, Weather

7.30 Saints and Scroungers

A man who claimed disability allowances is caught playing football. Busted! (R)

8.00 EastEnders

Your daily dose of Cockney whingeing.

8.30 Panorama

9.00 Spooks

When a trio of highly skilled Chinese agents arrive in London for 48 hours only, the team set out to discover the purpose of the visit. Sightseeing? Probably not.

10.00 BBC News, Weather

10.35 Ask Rhod Gilbert

MUST-SEE Carol Vorderman guests on the angry

Welsh comic's laugh-heavy show.

11.15 Damages

Tom is offered a lucrative partnership at a rival firm. Judas! (R)

12.00m't Damages

David narrowly avoids becoming drawn into an affair with Lila. (R)

12.50am Sign Zone: The Apprentice

1.50 My Story (R) 2.20 The Great British Bake Off (R) 3.20 Out of the Frying Pan (R) 4.20-6.00am BBC News

7.00 Games Today

SPORT Day eight day highlights from Dehli, including athletics, boxing and rugby sevens.

8.00 University Challenge

Another student nerd-off.

8.30 MasterChef: The Professionals

Whisk-wielding antics with a place in the quarter-finals at stake.

9.00 Horizon: What Happened **Before the Big Bang?**

Not a lot, we reckon.

10.00 Genius with Dave Gorman

MUST-SEE Richard Herring joins Dave Gorman to run the rule over some more odd inventions.

10.30 Newsnight

11.20 Can England Win the Next World Cup?

Probably not. Don't tell Shearer and Lineker though. (R)

12.00m't Secret Iraq Iraq War documentary. (R)

1.00 BBC News: The day's headlines. 4.00-6.00am BBC Learning Zone

Austin: The Black Cab Rapist How a sex attacker was brought to justice. 11.35 Greatest Cities of the

World with Griff Rhys Jones Griff and his ludicrously oversized chin arrive in Rome. (R)

2.35 SPORT UEFA Champions League

3.55-5.30am ITV Nightscreen

Weekly 3.00 The Jeremy Kyle Show (R)

12.30am The Zone

7.00 News

7.55 4thought.tv

8.00 The Real Vikings: A Time Team Special

Tony Robinson goes on the hunt for arrowheads, coins and other assorted junk in another archaeoligical dig.

9.00 Titanic: The Mission

The four engineers bring to life the ship's gadgetry, including one of her ovens, and use it to host a first-class dinner. Wake us up when the iceberg arrives, OK?

10.00 Jamie's American **Food Revolution**

Jamie Oliver continues his crusade to wean America's nation of fatties off the chips and onto the salad.

11.00 3 Minute Wonder: Frieze

NEW A short film about travelling, shot in Malta. 11.05 The Good German

Solid thriller starring George Clooney as a US journo in postwar Berlin, investigating a mystery involving the hunt for Nazi scientists.

7.00 Five News at 7

7.30 How Do They Do It?

Robert Llewellyn explores how coins are struck by the US Mint. Zzzzzzzzzzzz.

8.00 The Gadget Show

The team head to Birmingham's NEC for a record-breaking game of Tetris. What a job. What. A. Job!

9.00 Rory and Paddy's Even **Greater British Adventure**

The comedians try out a spot of fancydress pram-racing. As you do.

10.00 Josie & John James: What Happened Next?

The lives of Big Brother couple Josie Gibson and John James Parton.

11.00 Hudson Hawk

PILM Daft action comedy starring Bruce Willis as a cat burglar who is blackmailed into robbing the Vatican. Silly, but fun.

12.55am SuperCasino

Live interactive gaming.

1.10am SPORT Premier League Poker 4.05 Police Interceptors (R) 4.55 Rough 2.05 FILM Henna: Indian drama starring Guide to Beaches (R) 5.10 Michaela's Rishi Kapoor. 5.20-6.05am ER(R) Wild Challenge (R) 5.35-6.00am Michaela's Wild Challenge (R)

BBC1 SCOTLAND: 7.30-8.00pm Trust Me I'm a Banker BBC1 NORTHERN IRELAND: 7.30pm In Your Corner 10.35 High Life 11.10 Ask Rhod Gilbert 11.45 Damages 12.30-1.15am Damages BBC1 WALES: 7.30-8.00 X-Ray BBC2 SCOTLAND:

11.00pm Newsnight Scotland, Weather 11.30 Mod 12.15am Secret Iraq 1.15-4.00am BBC News BBC2 NORTHERN IRELAND: 10.00pm Seacht 10.25 Seinn Liom 11.20 Stormont Today 11.50 Genius with Dave Gorman 12.20-1.00am Can

England Win the Next World Cup? BBC2 WALES: 10.00-10.30pm National Theatre Wales in Bridgend STV: 10.30pm STV News 10.40 The Unforgettable Mollie Sugden 11.10 Oran na Mna 11.45 A Reir na h-Aimisir 12.15am Brain Box 1.00 The Jeremy Kyle Show 2.00 The Nightshift 3.00-5.30am The Nightshift ULSTER: 10.30 UTV Live Tonight 11.05 Ladette to Lady 12.00m't-2.35am Brain Box ITV1 WALES: 8.00pm The Ferret 10.30 Wales Tonight, Weather 11.35 NEW Wild Britain

TODAY'S SPORT

sky SPORTS 1

6.00am Aerobics 6.30 Urban Ride

7.00 WE Masters Tennis: The second day of the Shanghai Masters.

- **3.00pm** Darts (HD)
- 5.00 Champions League Weekly (HD)
- 5.30 Soccer AM: The Best Bits
- 6.30 Nethusters
- 7.00 Sky Sports News at Seven (HD) 7.30 IVE Football: The League One match
- between Swindon and Bristol Rovers at the County Ground, kick-off 7.45pm. (HD)
- 10.00 Netbusters
- 10.30 A League of Their Own
- 11.00 Soccer AM: The Best Bits
- 12.00m't Football (HD) 1.30am Football (HD)
- 2.30 Sports Unlimited
- 3.30 Watersports World
- 4.30 Max Power
- 5.30-6.00am FIFA Futbol Mundial

sky SPORTS 2

- 6.00am Good Morning Sports Fans (HD) 9.00 Football
- 10.30 Darts (HD)
- 12.30pm Rugby Union: Egg-chucking action from round one of the European Cup pool stage. (HD)
- 1.00 Football 2.30 Boxing (HD)
- 5.30 Rugby Union (HD) 6.00 Motorsport (HD)
- 7.00 Tennis: The second day of the Shanghai Masters in China. (HD)
- 9.00 Boots 'n' All: Highlights from recent international matches.
- 10.00 Motorsport (HD)
- **11.00** Tennis (HD) 1.00am Boots 'n' All
- 2.00 Angling
- 2.30 Motorsport (HD)
- 3.30 Football (HD)
- 5.00-6.00am Boots 'n' All

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)

6.55pm The Pink Panther Strikes Again 9.00 Aeon Flux 10.45 Elizabeth 1.05-3.05am Home: French drama.

COMEDY CENTRAL (126)

7.00pm The King of Queens 8.00 Scrubs 9.00 Two and a Half Men 9.30 Mike and Molly 10.00 Sex and the City 10.35 Live at the Apollo 11.35 Sex and the City 12.10am Two and a Half Men 1.10 South Park: Cartoon. 2.10 Grouchy Young Men 2.40 Scrubs 3.10 Two and a Half Men 4.05 Shortcuts Shuffle 4.20 The King of Queens 5.10-6.00am Frasier



6.30pm Talk of the Terrace **8.00** 30 for 30 10.00 Between

The Lines 10.30 Talk of the Terrace 12.00m't NFL: Monday Night Countdown 1.30am LIVE NFL: Monday Night Football 4.30-5.00am Press Pass 2010

DISCOVERY (520)

6.00pm Mythbusters 8.00 How Do They Do It? 8.30 How It's Made 9.00 Mythbusters: The velocity of a sneeze. 10.00 Is It Possible? 11.00 How the Universe Works 12.00m't Bear Grylls: Born Survivor 1.00am Swords: Life on the Line **2.00** Mark Williams on the Rails 3.00 Weaponology 3.50 Nasa's Greatest Missions 4.40 Days That Shook the World 5.30-6.00am How Does That Work?

BBC3 (115)

7.00pm Merlin 7.45 Doctor Who 8.30 E20 **9.00** The World's Strictest Parents 10.00 EastEnders 10.30 Him and Her 11.00 Family Guy: Peter and Lois decide to have another baby. 11.45 The World's Strictest Parents 12.45am Cherry Has a Baby **1.45** Him and Her **2.15** E20 2.45 Kids with Guns - Stacey Dooley Investigates: First of a two-part docu. 3.45-4.45am Cherry Goes Dating

E4 (136)

7.00pm Hollyoaks 7.30 Friends 9.00 One Tree Hill 10.00 MUSTISEE The Inbetweeners: Will is home alone for the weekend. Mayhem ensues! 10.35 School of Comedy 11.05 PhoneShop 11.40 Faceiacker 12.15am A Shot at Love with Tila Teguila **1.10** Scrubs **2.00** Facejacker 2.25 A Shot at Love with Tila Teguila 3.10 What About Brian 3.50 Samantha Who? 4.10 The Hills 4.35-6.00am Switched

DAVE (111)

7.00pm The Gadget Show 8.00 Top Gear 9.00 Would I Lie to You? 9.40 QI 10.20 Mock the Week 11.00 Dave's One Night Stand 12.00m't Would I Lie to You? 12.40am QI 1.20 Never Mind the Buzzcocks 2.00-3.00am Lead Balloon

MTV (350)

7.00pm 16 and Pregnant 8.00 Celebrity Bites 8.30 MTV Hoods: Katy Perry

11 OCTOBER MONDAY



6.00am The Biggest Loser US (R) 7.00 Brainiac: Science Abuse (R)(HD) 8.00 Best of Oops TV (R) 9.00 Lion Man (R) 9.30 Lion Man (R) 10.00 Bones (R)(HD) 11.00 Wedding SOS (R) 11.30 The Secret Guide to Women's Health (R) 12.00noon The Biggest Loser US 1.00pm Project Runway (R) 2.00 Bones (R)(HD) 3.00 Stargate Atlantis (R)(HD) 4.00 Stargate Atlantis (R) (HD) 5.00 Malcolm in the Middle (R)(HD) 5.30 Futurama (R) 6.00 Oops TV: Homevideo outtakes. (R) 6.30 The Simpsons (R)

7.00 The Simpsons

Homer wins \$1million on the lottery, but keeps it a secret from the family. (R)

7.30 The Simpsons

Homer and Marge play for a curling team in the Winter Olympics. (R)

8.00 Best of Oops TV

People falling over for cash. Great.

9.00 NCIS: Los Angeles

The team face a race against time to discover the culprit behind an ambush on a vehicle transporting Marines. (HD)

10.00 NCIS: Los Angeles

The team investigate the murder of a Marine with top-level security clearance. What is it with the Marine-bashing? (HD)

11.00 Law & Order

The team investigate when a journalist is found murdered. Who'd want to kill a lovable old journo? Eh? Eh? (HD)

12.00m't Road Wars

More motor-based mayhem. (R)

1.00 Road Wars (R) 1.50 Street Wars (R) 2.40 Oops TV (R) 3.30 Lost (R)(HD) 4.20 Lost (R)(HD) 5.10-6.00am Are You Smarter Than a 10 Year Old? (R)(HD)

with Ray Mears: Docu exploring Britain's finest habitats and most spectacular wildlife. 12.05-12.30am The Lakes

9.00 The Hard Times of RJ Berger 10.00 Jersey Shore 11.00 Valemont 12.00m't South Park 1.00am Sanchez Get High: Pritchard vs Dainton 2.00 Celebrity Deathmatch 3.00-6.00am All the Hits

SYFY (129)

7.00pm Buffy the Vampire Slayer 8.00 FLM Dungeons & Dragons 2: The Elemental Might 10.00 Haven 11.00 Warehouse 13 12.00m't FILM Lightning: Fire from the Sky 1.50am Thunderbirds 2.55 Fact Checkers Unit 3.00 Mysterious Ways 4.00 Quantum Leap 5.00-6.00am Smallville

FX (164)

7.00pm NCIS 9.00 Family Guy: Peter has a fireworks accident. 10.00 To Catch a Predator 11.00 Dexter 12.00m't Farscape 1.00am Babylon 5: Sheridan plots against the Shadows. 2.00 ReGenesis 3.00-4.00am Water Rats

ODAY'S MUST-SEES



MacGruber

Sky Box Office/HD. from 6.30am

FILM A warning: if you go into this expecting anything above and beyond puerile jokes, you'll be sorely disappointed. However, if you go in expecting the main hero to distract enemy hoodlums by stripping naked and shoving a stick of celery up his backside, you won't be. Will Forte plays '80s secret-agent throwback MacGruber, who's tasked with bringing down supervillain Dieter von Cunth (Val Kilmer). It's stupid and very rude, but we wet ourselves! ★★★★



Genius BBC2, 10pm

Dave Gorman invites comic Richard Herring along to discuss another

batch of not-so-brilliant ideas pitched from the studio audience. A new glove puppet and a cat-shaped catflap are among the brainwaves this week. ★★★



Ask Rhod Gilbert BBC1, 10.35pm

The angriest stand-up in Wales continues in his quest to answer the questions the public put to him. He's helped tonight by his flatmate, Lloyd, and Greg Davies, better known as Mr Gilbert from The Inbetweeners. $\star\star\star\star$



The Inbetweeners E4, 10pm

Will's left home alone when his mum goes away for the weekend with an old schoolfriend, so he makes sure to take advantage of the situation. Cue a wild time with the boys ordering stuff off the internet and raiding the fridge! ****

Nuts PROMOTION

Win all these games!



NutsTV

BBC

6.00am Breakfast 9.15 Heir Hunters (R) 10.00 Homes Under the Hammer 11.00 To Buy or Not to Buy (R) 11.30 LIVE Commonwealth Games: Including the rugby sevens final. 1.00pm BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 LIVE Commonwealth Games: The last bit of the athletics disciplines. 5.00 LIVE Commonwealth Games: The remaining events on day nine in Delhi. 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

BBC

6.00am CBeebies 7.00 CBBC 8.30 CBeebies 9.00 LIVE Commonwealth Games: The rugby sevens semi-finals on day nine in Delhi 11.30 Animal Park (R) 12.00noon Daily Politics 12.30pm GMT with George Alagiah 1.00 LIVE Commonwealth Games: Even more from the ninth day of competition in Delhi. 2.15 Flog It! (R) 3.00 CBBC 5.15 Escape to the Country (R) 6.00 Eggheads 6.30 Strictly Come Dancing - It Takes Two

5.30am ITV News 6.00 Daybreak 8.30 Lorraine **9.25** The Jeremy Kyle Show: Shouty show. 10.30 This Morning
12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 60 Minute Makeover 3.00 Dickinson's Real Deal 4.00 Midsomer Murders (R) 5.00 The Alan Titchmarsh Show 6.00 Regional News, Weather 6.30 ITV News

6.05am The Treacle People (R) 6.15 Planet Cook (R) 6.35 Yo Gabba Gabba (R) 7.00 Freshly Squeezed 7.30 Everybody Loves Raymond (R) 8.25 Frasier (R) 8.55 Friends (R) 9.25 Coach Trip (R) 12.00noon Channel 4 News Summary 12.05pm River Cottage Bites 12.15 A Place in the Sun: Home or Away (R) 1.15 FLM The Siege at Red River: Western. 2.55 Wogan's Perfect Recall 3.25 Countdown 4.10 Deal or No Deal 5.00 Come Dine with Me 5.30 Jamie's 30 Minute Meals **6.00** The Simpsons (R) **6.30** Hollvoaks

6.00am Milkshake! 9.15 The Wright Stuff 10.45 Trisha Goddard (R) 11.40 House (R) 12.35pm Five News 12.40 Meals in Moments (R) 12.50 Police Interceptors (R) 1.45 Neighbours 2.15 Home and Away 2.50 I Own Britain's Best Home: Flying Visit (R) 3.05 FILM Our House: Drama starring Doris Roberts. 5.00 Five News, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 Live from Studio Five

7.00 The One Show

7.30 EastEnders

More gloomy yakking.

8.00 Holby City Linden breaks up with Faye, but soon has to protect her from a drug addict. Quite a nifty way of cushioning the blow.

9.00 Traffic Cops

Docu following coppers with guns! Well, speed guns, but still. (R)

10.00 BBC News, Weather 10.35 Tom Daley: The Diver and His Dad

A portrait of the relationship between diver and his old man.

11.35 The Love Letter

Rom-com rubbish revolving around the discovery of an unsigned love letter in a small town.

1.05am Sign Zone: See Hear (R) 1.35

Digging for Britain (R) 2.35 Natural World

7.00 Games Today

SPORT All the medal-grabbing action on day nine of the Commonwealth Games from Delhi.

8.00 MasterChef: **The Professionals**

The pan-juggling competition continues.

9.00 Whites

Cookery-based chuckles starring Alan Davies as a big-headed chef.

9.30 Harry & Paul MUST-SEE More ace sketch-based buffoonery.

10.00 Later Live with Jools Holland MUST-SEE Jools gets The Ting Tings, Cyndi Lauper and John Legend to belt out tunes.

10.30 Newsnight 11.20 TOTP2

Creaky pop nostalgia-fest! (R)

11.50 Wonders of the Solar System Comparing Earth with Mars. (R)

12.50-4.00am BBC News 4.00-6.00am BBC Learning Zone

7.00 Emmerdale

10.10 ITV News

10.45 International

Football Highlights

11.45 Swingtown

12.30am The Zone

Shopping and interactive gaming.

2.35 The Rockford Files: Drama with

James Garner. (R) 3.30 The Jeremy Kyle

Show (R) 4.20-5.30am ITV Nightscreen

has lost his job.

SPORT Highlights of England's endeavours from earlier.

Roger hides the news from Janet that he

Moira learns Hannah's secret. She's from London! Quick, string her up!

7.30 International Football

MUST-SEE England take on Montenegro at Wembley, where Capello and co will be looking to banish the World Cup hangover with another win. Kick-off 8pm. 7.00 News

7.55 4thought.tv 8.00 Wedding House More OTT nuptials.

9.00 Ramsay's Best Restaurant Rambo has a poke around a pair of top Thai restaurants looking for things to get shouty about. Excellent!

10.00 Seven Days

Reality show following the residents of London's Notting Hill area.

11.05 3 Minute Wonder: Frieze 11.10 Trinny & Susannah: From Boom to Bust

Bizarre spoof documentary following fashion advisers Trinny Woodall and Susannah Constantine as they try to break back into showbiz. (R)

12.15am Late Night Poker

SPORT Another round of high-stakes card-flipping.

1.10 Volleyball **2.05** Boxing **2.30**

Superbike 3.00 British GT 3.25 World

4.25 ER 5.10-6.00am Deadliest Catch

Sport 3.50 GT Academy 4.15 Kickboxing

7.00 Five News at 7

7.30 How to Take **Stunning Pictures** Point and click, no?

8.00 Jack the Ripper: The First Serial Killer

Experts re-examine the case of the infamous murderer (R)

9.00 CSI: Miami

MUST-SEE A death row inmate is granted a stay of execution. Race against time, anyone?

10.00 CSI: NY

A photographer dies in strange circumstances. (R)

11.00 CSI: Crime **Scene Investigation**

Grissom, Sara and Nick investigate the case of a man found electrocuted in the swimming pool of a casino. (R)

12.00m't NCIS

A suspected drug-smuggler is apparently killed by his own dog. Pesky mutt. (R)

12.55am SuperCasino Live interactive gambling.

4.05 Police Interceptors (R) 4.55 Rough Guide to Cities (R) 5.10 Michaela's Wild Challenge (R) 5.35-6.00am Michaela's Wild Challenge (R)

(R) 3.35 The Big School Lottery (R) 4.35-6.00am BBC News

BBC1 SCOTLAND: 8.00pm River City 9.00-10.00 Holby City 10.35 The State We're In 11.05 SPORT Sportscene 11.55-1.25am FILM The Love Letter: Romantic comedy starring Kate Capshaw. BBC1

NORTHERN IRELAND: 10.35pm Spotlight 11.35

Tom Daley: The Diver and His Dad 12.35-1.05am BBC News BBC1 WALES: 10.35pm Spending Cuts: The Wales Debate 11.30 Tom Daley: The Diver and His Dad 12.30-1.05am Sign Zone: Panorama BBC2 SCOTLAND: 11.00pm Newsnight Scotland, Weather BBC News STV: 7.30pm Being Victor 8.00 III Two

11.20 Mod 12.05am TOTP2 12.35 Wonders of the Solar System 1.35-4.00am BBC News BBC2 NORTHERN IRELAND: 11.20pm Stormont Today 11.50 TOTP2 12.20am Secret Iraq 1.20-4.00am

Weeks Notice 9.50-10.10 Vet School Bites 10.40 STV News and Weather 10.50 Ladette to Lady 11.50 Highland Highlights 12.00m't Brain Box 1.00am The Jeremy Kyle Show 2.00-5.30am The Nightshift ULSTER: 10.40pm UTV Live Tonight 11.15

TODAY'S SPORT

sky SPORTS 1

6.00am Aerobics 6.30 Urban Ride

7.00 LIVE Tennis: Racquet-waving action from the Shanghai Masters.

3.00pm Netbusters 3.30 IVE Football: The Faroe Islands host Northern Ireland in this Euro 2012 Group C

qualifier at Torsvollur, kick-off 4pm. 6.00 Football's Greatest 7.00 Sky Sports News at Seven (HD)

7.30 WE Football: Scotland take on Spain at Hampden Park. If Craig Levein's men

struggled with Liechtenstein, we reckon they'll have their hands full with the World Champs! Kick-off 8pm. (HD)

10.30 Football Asia

11.00 Tennis (HD) 1.00am Football Asia

1.30 Poker (HD)

3.30 Football Asia

4.00-6.00am Tennis (HD)

sky SPORTS 2

6.00am Good Morning Sports Fans (HD) 9.00 Netbusters

9.30 Football League (HD)

11.00 Soccer AM: The Best Bits

12.00noon Football (HD) 1.00pm Football League (HD)

2.30 Soccer AM: The Best Bits

3.30 Trilby Tour Golf

5.00 Boots 'n' All 6.00 Mountain Bike World

6.30 Powerboating

7.00 Golf: The SWALEC Wales Challenge and the Kazakhstan Open.

7.25 WE Football: Switzerland face Wales in Basel, with both sides looking to kickstart their stuttering Group G campaigns with a win. Kick-off 7.30pm. (HD)

9.30 Poker (HD) 11.30 Polocrosse

12.30am Polo

1.30-2.00am Powerboating

FILM4 (315)

6.50pm Grease: Musical starring John Travolta and Olivia Newton-John. 9.00 Braveheart: Oscar-winning historical epic directed by and starring Mel Gibson. 12.20am Riff-Raff: Drama starring Robert Carlyle. 2.15-4.00am Shane's World

COMEDY CENTRAL (126)

7.00pm The King of Queens 8.00 Scrubs 9.00 Two and a Half Men 9.30 Live at the Apollo 10.30 Mike and Molly 11.00 Sex and the City 12.10am Two and a Half Men 1.10 Samantha Who? 2.10 South Park 3.10 Two and a Half Men 4.05



5.30pm NFL: Monday Night Football 8.00 IIVE International Football 10.00 International

Football 1.30am Press Pass 2010 2.00 Pardon the Interruption UK 2.30 UFC 3.30-6.00am WE NHL Ice Hockey

Shortcuts Shuffle 4.20 The King of Queens 5.10-6.00am Frasier

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

DISCOVERY (520)

6.00pm Mythbusters 8.00 How Do They Do It? 8.30 How It's Made 9.00 Trawler Wars 10.00 Deadliest Catch 11.00 Building the Future 12.00m't Bear Grylls: Born Survivor 1.00am Swords: Life on the Line 2.00 Mark Williams on the Rails 3.00 Weaponology 3.50 Nasa's Greatest Missions **4.40** Days That Shook the World 5.30-6.00am How Does That Work?

7.00pm Total Wipeout 8.00 Snog, Marry, Avoid? 9.00 Don't Tell the Bride 10.00 EastEnders 10.30 Lip Service 11.30 Family Guy: The Griffins are forced to move, then Brian falls in love. 12.15am Don't Tell the Bride 1.15 Lip Service 2.15 Bizarre ER 3.15 Total Wipeout 4.15-5.15am Snog, Marry, Avoid?

E4 (136)

7.00pm Hollyoaks 7.30 Friends 9.00 Smallville 10.00 The Cleveland Show 11.00 The Ricky Gervais Show 11.30 King of the Hill 12.00m't Scrubs 1.00am The Cleveland Show 1.50 The Ricky Gervais Show 2.15 King of the Hill 2.35 Life Unexpected 3.15 What About Brian 3.55 Samantha Who? 4.20 The Hills 4.40-6.00am Switched

DAVE (111)

7.00pm Ray Mears' Extreme Survival 8.00 Top Gear 9.00 QI XL 10.00 Argumental 10.40 Mock the Week 11.20 Have I Got News for You 12.00m't QIXL 1.00am Argumental 1.40 Mock the Week **2.10** Never Mind the Buzzcocks 2.50-3.00am Radical Highs

MTV (350)

6.30pm 16 and Pregnant 8.00 Randy Jackson's America's Best Dance Crew

12 OCTOBER TUESDAY

6.00am The Biggest Loser US (R) 7.00 Brainiac: Science Abuse (R)(HD) 8.00 Best of Oops TV (R) 9.00 Lion Man (R) 10.00 Bones (R)(HD) 11.00 Wedding SOS (R) 11.30 The Real A&E (R)(HD) 12.00noon The Biggest Loser US 1.00pm Project Runway (R) 2.00 Bones (R)(HD) 3.00 Stargate Atlantis (R)(HD) 5.00 Malcolm in the Middle (R)(HD) 5.30 Futurama (R) 6.00 Oops TV: A selection of videos. (R) 6.30 The Simpsons (R)

7.00 The Simpsons

Lisa explores the family tree. (R)

7.30 The Simpsons

Grampa becomes a media darling. (R)

8.00 UK Border Force

Documentary taking viewers inside the UK Border Agency. (R)

8.30 Super Nurses

Behind the scenes on a cancer ward.

9.00 Stargate Universe

The battle between the crew and the Lucian Alliance rages on. Why can't they just get along? (HD)

10.00 Fringe

The team investigate a mysterious box that transforms people into a trance-like state. The telly, you mean? (HD)

11.00 A League of Their Own

More sporting quizzery with tubby funster James Corden. (R)(HD)

11.30 Football's a Funny **Old Game**

SPORT Classic blunders from footy matches around the world. Step forward Manuel Almunia. (R)

1.00 Road Wars (R) 1.50 Street Wars (R) 2.40 Oops TV (R) 3.30 Lost (HD) 4.20 Lost (R)(HD) 5.10-6.00am Are You Smarter Than a 10 Year Old? (R)(HD)

SPORT International Football Highlights 12.10m't Brain Box 2.35-3.30am The Rockford Files ITV1 WALES: 10.40-10.45pm Wales Tonight, Weather

9.00 Jersey Shore 10.00 The Hard Times of RJ Berger: RJ is left with a sexy babysitter. 11.00 Valemont 12.00m't South Park 1.00am Sanchez Get High: Pritchard vs Dainton 2.00 Celebrity Deathmatch 3.00-6.00am All the Hits

SYFY (129)

7.00pm Buffy the Vampire Slayer 8.00 A Town Called Eureka 9.00 Haven 10.00 The Butterfly Effect 2: Fantasy thriller sequel starring Eric Lively. 11.50 Raging Sharks: Sci-fi horror starring Corin Nemec. 1.40am Thunderbirds 3.00 Mysterious Ways 4.00 Quantum Leap 5.00-6.00am Smallville

7.00pm NCIS 9.00 Better Off Ted 10.00 Family Guy 11.00 Life: Crews and Reese investigate a carjacking. 12.00m't Farscape 1.00am Babylon 5 2.00 ReGenesis 3.00-4.00am Water Rats

TODAY'S MUST-SEES



England vs Montenegro

ITV1, 7.30pm

They're from a tiny country in southeast Europe with a population of less than one million, but England underestimate Montenegro at their peril. They, like England, are unbeaten so far in Group G, having racked up creditable wins over Wales and Bulgaria, and England are going to be lacking the services of several key players. It should be a routine victory for Capello's boys, but as we all know, what England should do is rarely what they end up actually doing! ★★★★★



CSI: Miami Five, 9pm

DRAMA As the slick crime drama continues, the team face a race against time to save

a condemned man from execution. The CSIs have just 24 hours to re-examine a murder that happened 15 years ago. Hardly seems fair, does it? ★★★



Harry & Paul BBC2, 9.30pm

Sketch shows that don't fall firmly into the hit-and-miss category are rare

beasts, but this is one of them! Tonight, we're treated to tactless Italian politician Gabbatore trying to find a mistress for the Brit PM, among other gems. $\star\star\star\star$



Later Live - with Jools Holland BBC2, 10pm

Jools' guests this week include The Ting Tings, who include hottie Katie White -

that's good enough reason for us to watch! $\star\star\star\star$



BBC

6.00am Breakfast 9.15 Heir Hunters (R) 10.00 Homes Under the Hammer 11.00 To Buy or Not to Buy (R) 11.30 LIVE Commonwealth Games: Boxing and diving. **1.00pm** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors 2.15 LIVE Commonwealth Games: The boxing finals. 5.00 LIVE Commonwealth Games: The last of the day's action in Delhi. 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

BBC

6.00am CBeebies 7.00 CBBC 8.30 CBeebies 9.00 LIVE Commonwealth Games: Including cycling, hockey and boxing. 11.30 Daily Politics 1.00pm LIVE Commonwealth Games: The men's 10m platform diving final from Delhi. 2.00 See Hear 2.30 Flog It! (R) 3.00 CBBC 5.15 Escape to the Country (R) 6.00 Eggheads: 6.30 Strictly Come Dancing - It Takes Two

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women: With Holly Willoughby. 1.30 ITV News **1.55** Regional News **2.00** 60 Minute Makeover 3.00 Dickinson's Real Deal: From Swindon, Wiltshire. 4.00 Midsomer Murders: Detective drama. (R) 5.00 The Alan Titchmarsh Show 6.00 Regional News, Weather 6.30 ITV News

6.00am The Treacle People (R) 6.15 Planet Cook (R) 6.35 Yo Gabba Gabba (R) 7.00 Freshly Squeezed 7.30 Everybody Loves Raymond (R) 8.25 Frasier (R) 8.55 Friends (R) 9.25 Coach Trip (R) 12.00noon Channel 4 News Summary 12.05pm River Cottage Bites 12.15 A Place in the Sun: Home or Away (R) 1.20 FLM Bugles in the Afternoon: Western. 2.55 Wogan's Perfect Recall 3.25 Countdown 4.10 Deal or No Deal 5.00 Come Dine with Me 5.30 Jamie's 30 Minute Meals 6.00 The Simpsons (R) 6.30 Hollvoaks

10.45 Trisha Goddard (R) 11.40 House (R) 12.35pm Five News 12.40 Meals in Moments (R) 12.50 Police Interceptors (R) 1.45 Neighbours 2.15 Home and Away 2.50 I Own Britain's Best Home: Flying Visit (R) 3.05 FILM Love Takes Wing: Drama starring Sarah Jones. 5.00 Five News 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 Live from Studio Five

7.00 The One Show

7.30 Bang Goes the Theory

The amazingly named Dallas Campbell looks at the origins of weather. We're going to go out on a limb and say the sky.

8.00 Waterloo Road Francesca's career is jeopardised.

9.00 The Apprentice

MUST-SEE The candidates meet Alan Sugar at Heathrow, but instead of flying off to somewhere exotic, they have to to create a new beach accessory. Suckers.

10.00 BBC News, Weather 10.35 The National **Lottery Draws**

Scott Mills presents.

10.45 Film 2010 with Claudia Winkleman

NEW Previews of The Social Network and Despicable Me with the renowned film buff.

11.25 The Human Stain

Psychological drama starring Anthony Hopkins.

7.00 Games Today

SPORT Including the men's 10m platform diving final.

8.00 MasterChef: The Professionals

Like Ramsay's Kitchen Nightmares without the swearing. Or the fun.

9.00 Wonderland: **Boy Cheerleaders**

NEW An all-boy cheerleading squad. Wrong. Just wrong.

10.00 The Apprentice: You're Fired!

Dara O Briain has a natter with the show's freshly rejected candidate.

10.30 Newsnight

11.20 Secret Iraq

Examining how the insurgents turned against al-Qaeda. (R)

12.20am BBC News

7.00 Emmerdale

Sheep-obsessed soap.

7.30 New You've Been Framed! More slip-ups. Literally!

8.00 Midsomer Murders

A boxer's success stirs up hidden passions, then loads of people get murdered.

10.00 ITV News, Weather

10.35 Dante's Peak

A scientist tries to convince the inhabitants of a small town that a long dormant volcano is about to erupt. "Yeah, course it is... aargh!" etc.

12.30am **The Zone**

Shopping and interactive gaming.

7.00 News

7.55 4thought.tv

8.00 Food: What Goes in Your Basket?

Beer and pizza, Next!

9.00 Grand Designs

Some swotty scientist tries to build a carbon-neutral home.

10.00 Rude Tube: **Animal Madness**

Clips of "funny" animals.

11.10 3 Minute Wonder: Frieze

11.15 A Complete History of My Sexual Failures

FILM Comic documentary by British film-maker Chris Waitt, charting his lack of success with women.

7.00 Five News at 7

7.30 Highland Emergency A young snowboarder receives help.

8.00 Cowbov Builders

Sheree Murphy and Dominic Littlewood help another family whose house might as well have been built out of Lego.

900 NCIS

Shepard becomes the prime suspect in the murder of La Grenouille. (R)

10.00 Law & Order: **Criminal Intent**

A gossip columnist is murdered.

11.00 Law & Order

An businessman is shot dead. (R)

11.55 **Poker**

SPORT Shade-wearing shenanigans with the World Open VI in Mayfair.

12.55am SuperCasino

Live interactive gaming.

1.05am Sign Zone: Kids in Care (R) 2.05 Country Tracks (R) 3.00 Bang Goes the Theory: Mad experiments. (R) 3.30 Watchdog (R) 4.30-6.00am BBC News

4.00-6.00am BBC Learning Zone

2.30 FILM Charade: Romantic comedy thriller starring Cary Grant and Audrey Hepburn. 4.25 The Jeremy Kyle Show (R) 5.20-5.30am ITV Nightscreen

1.05am Album Chart Show 1.25 Hung 2.25 Deadly Mission 3.45 J03 3.50 ER 4.35 Hill Street Blues 5.20 My Friend Michael Sniff 5.30-6.15am Countdown 4.05 Police Interceptors (R) 4.55 Rough Guide to Eco Escapes (R) 5.10 Michaela's Wild Challenge (R) 5.35-6.00am Michaela's Wild Challenge (R)

BBC1 SCOTLAND: 7.30-8.00pm NEW Grand Tours of Scotland 10.45 Budget Cut Debate 11.35 NEW Film 2010 with Claudia Winkleman 12.15am FILM The Human Stain: Psychological drama starring Anthony Hopkins and Nicole Kidman. 1.55 BBC

News 2.00-3.00am Sign Zone: Kids in Care **BBC1 NORTHERN IRELAND: 10.45pm Festival** Nights 11.15 NEW Film 2010 with Claudia Winkleman 11.55 Off the Beaten Track 12.05-1.05am Sign Zone: Dragons' Den BBC1 WALES: 7.30-8.00pm Rhys to the Rescue BBC2 SCOTLAND: 11.00pm Newsnight Scotland, Weather 11.20 Mod 12.05am Secret Iraq 1.05-4.00am BBC News BBC2 NORTHERN IRELAND: 11.20pm Michael Wood's

BBC News STV: 8.00pm Animals Are Amazing 9.00-10.00 Law & Order: UK 10.30 STV News and Weather 10.40 October Road 11.35 Comedy Classics: Doctor in the House 12.00m't Brain Box Story of England 12.20am Secret Iraq 1.20-4.00am 1.00am The Jeremy Kyle Show 2.00-5.30am The

TODAY'S SPORT

sky SPORTS 1

6.00am Aerobics

6.30 Urban Ride

7.00 LIVE Tennis: The fourth day of the Shanghai Masters in China.

- 3.00pm Football Asia 3.30 Mountain Bike World
- 4.00 Powerboating
- 4.30 Golf
- 5.00 Golf
- 6.00 European Tour Weekly
- 6.30 Inside the PGA Tour (HD)
- 7.00 Sky Sports News at Seven (HD) 7.30 FIFA Futbol Mundial
- 8.00 Football: Highlights of Scotland vs Spain, among other Euro 2012 qualifiers.
- 10.00 You're on Sky Sports!
- 11.30 Football
- 1.30am FIFA Futbol Mundial
- 2.00 Total Rugby 2.30 You're on Sky Sports! 4.00-6.00am Football

sky SPORTS 2

- 6.00am Good Morning Sports Fans (HD) 9.00 Junior Ryder Cup
- 10.00 Golf
- **10.30** Powerboating: *The F1 World Championship from Linyi, China.*
- 11.00 Poker (HD) 1.00pm Football Asia
- 1.30 Golf: The SWALEC Wales Challenge and the Kazakhstan Open.
- 2.00 Polocrosse
- 3.00 Polo
- 4.00 Poker: Action from the third heat of the Poker Million in London. (HD)
- 6.00 Watersports World
- 7.00 Total Rugby
- 7.30 LIVE Greyhound Racing: The Breeders Forum Produce Stakes.
- 10.00 Total Rugby 10.30 Rallyzone
- **11.00** Tennis (HD)
- 1.00-3.00am Poker (HD)

FILM4 (315)

6.50pm Holy Man: Satirical comedy starring Eddie Murphy. 9.00 Don't Śay a Word: Thriller starring Michael Douglas. 11.10 La Femme Infidèle: French thriller starring Michel Bouquet. 1.10-3.25am Suspiria: Horror starring Jessica Harper.

COMEDY CENTRAL (126)

7.00pm The King of Queens: Doug coaches a kids' football team. 8.00 Scrubs: Double bill. 9.00 Two and a Half Men 10.00 Michael McIntyre: Live & Laughing 11.20 Sex and the City 12.30am Two and a Half Men 1.30 South Park 2.30

5.30pm Football 7.15 Kicks 7.30 Football 9.00

Premier League 9.30 30 for 30 10.30 UFC 120 11.30 Poker 12.30am LIVE NHL Ice Hockey 3.00 Kicks 3.15 Press Pass 2010 3.45 30 for 30 4.45-5.45am UFC 120

Comedy Store **3.00** Two and a Half Men 4.00 Shortcuts Shuffle 4.20 The King of Queens 5.10-6.00am Frasier

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

DISCOVERY (520)

6.00pm Mythbusters 8.00 How Do They Do It? 8.30 How It's Made 9.00 Science of Interrogation: How police get suspects to confess. 10.00 Trawler Wars 11.00 Is It Possible? 12.00m't Bear Grylls: Born Survivor 1.00am SPORT Swords: Life on the Line **2.00** Mark Williams on the Rails 3.00 Weaponology 3.50 Nasa's Greatest Missions 4.40 Days That Shook the World 5.30-6.00am How Does That Work?

BBC3 (115)

7.00pm The Real Hustle Undercover 8.00 Don't Tell the Bride 9.00 FILM Déià Vu: Sci-fi thriller starring Denzel Washington, 11.00 Family Guy 11.45 Lip Service 12.45am One Non Blonde Down Under 1.15 Him and Her 1.45 The Real

Hustle Undercover 2.45 Lip Service 3.45 One Non Blonde Down Under: Comedy. 4.15-5.15am Don't Tell the Bride

7.00pm Hollyoaks 7.30 Friends 9.00 Ugly Betty 10.00 Sahara: Adventure starring Matthew McConaughey.

12.20am RuPaul's Drag Race 1.20 Scrubs 2.15 RuPaul's Drag Race 3.00 What About Brian 3.40 Accidentally on Purpose 4.05-6.00am Switched

DAVE (111)

6.40pm Have I Got News for You 7.20 Everest ER 8.00 SPORT Red Bull X-Fighters 2010 9.00 Not Going Out 9.40 Peep Show: Top comedy. 10.15 QI 10.55 Mock the Week 11.35 Not Going Out 12.20am SPORT Red Bull X-Fighters 2010 1.10 Never Mind the Buzzcocks 1.50 Lead Balloon 2.20 Chandon Pictures 2.45-3.00am SPORT Radical Highs

13 OCTOBER WEDNESDAY



6.00am The Biggest Loser US (R) 7.00 Brainiac: Science Abuse (R)(HD) 8.00 Best of Oops TV (R) 9.00 Lion Man (R) 9.30 Lion Man (R) 10.00 Bones (R)(HD) 11.00 Wedding SOS (R) 11.30 Babies at Risk (R) 12.00noon The Biggest Loser US (R) 1.00pm Project Runway (R) 2.00 Bones (R)(HD) 3.00 Stargate Atlantis (R)(HD) 4.00 Stargate Atlantis (R)(HD) 5.00 Malcolm in the Middle (R)(HD) 5.30 Futurama: Fry goes undercover. (R) 6.00 Oops TV (R) 6.30 The Simpsons (R)

7.00 The Simpsons

Bart and Lisa go to a new school. (R)

7.30 The Simpsons

Marge and Lisa discuss examples of strong women. Not the best episode. (R)

8.00 The Little Couple

Following 4ft-tall newlyweds Bill Klein and Jen Arnold. (R)

8.30 Emergency **Animal Rescue**

Critter-saving escapades. (HD)

9.00 Pearl Harbor

World War Two romantic drama starring Ben Affleck, Josh Hartnett and Kate Beckinsale. Keep a sick bucket handy. You'll need one. (HD)

12.25am Road Wars

Police officers combat vehicle crime. (R)

1.15 Street Wars (R) 2.25 Oops TV (R) 2.55 Oops TV (R) 3.25 Lost (R)(HD) 4.20 Lost (R)(HD) 5.10-6.00am Are You Smarter Than a 10 Year Old? (R)(HD)

Nightshift **ULSTER: 7.30pm** The Seven Thirty Show 7.59 UTV Live Update 10.30 UTV Live Tonight 11.00 The Cube 12.00m't-2.30am Brain Box ITV1 WALES 10.30-10.35pm Wales Tonight, Weather

MTV (350)

7.00pm 16 and Pregnant 8.00 Celebrity Bites 8.30 MTV Hoods 9.00 The Hard Times of RJ Berger 10.00 Jersey Shore 11.00 Valemont 12.00m't South Park 1.00am Sanchez Get High: Pritchard vs Dainton 2.00 Celebrity Deathmatch 3.00-6.00am All the Hits

7.00pm Buffy 8.00 FILM Supernova 9.40 Meteor Apocalypse 11.20 Double Impact 1.30am 3rd Rock from the Sun 2.00 Thunderbirds 3.00 Mysterious Ways 4.00 Quantum Leap 5.00-6.00am Smallville

7.00pm NCIS 9.00 American Dad! 10.00 Burn Notice 11.00 Dexter 12.00m't Farscape 1.00am Babylon 5: Geeky sci-fi drama. 2.00 ReGenesis 3.00-4.00am Water Rats

TODAY'S MUST-SEES



The Apprentice

REALITY Summoned to Heathrow airport,

the candidates get a big shock when their hopes for a sunny getaway are cruelly dashed by professional grumpyhead Lord Sugar. Instead, the two teams are tasked with designing and creating a brand-new beach accessory for the UK (er, why?). Then it's time to design a lovely poster, and pitch their mad invention to three big retailers in the hope of securing orders, all of which leads to another big boardroom battle for the losers. Incredible scenes! ****



Leverage Bravo, 9pm

The second series of the endearingly daft US action series continues apace, with the ex-wife of main man Nate in dire straits in Kiev as she's framed for a jewel heist she didn't commit by a top US Embassy official. Tricky. ★★★



Californication Fiver, 10.50pm

It's the last in the series, and Hank's being plagued by nightmares in which he's in a pool, drinking and talking to the women he's slept with, who are naked and swimming around him. Er, and he calls this a nightmare? $\star\star\star$



Mad Men BBC4, 10pm

Get your sharpest suit on, pour yourself a whiskey and settle down for another ace dose of '60s New York cool. This week, Don is up for an award, while the company's new art director gives Peggy the runaround. ★★★★





LOG ON TO WWW.NUTS.CO.UK/WIN

BBC

6.00am Breakfast 9.15 Heir Hunters (R) 10.00 Homes Under the Hammer 11.00 To Buy or Not to Buy (R) 11.30 Cash in the Attic (R) **12.15pm** Bargain Hunt: From north London. (R) 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 LIVE Commonwealth Games Closing Ceremony 5.15 Weakest Link 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

BBC

6.00am CBeebies 7.00 CBBC 9.00 LIVE Commonwealth Games: The final day of competition in Delhi. 12.00noon Daily Politics 12.30pm LIVE Commonwealth Games: The final action of this year's Games. 2.15 Flog It! (R) 3.00 CBBC 5.15 Escape to the Country (R) 6.00 Eggheads 6.30 Strictly Come Dancing - It Takes Two

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women: With Dave Spikey. 1.30 ITV News 1.55 Regional News 2.00 60 Minute Makeover 3.00 Dickinson's Real Deal: From Newark. 4.00 Midsomer Murders (R) 5.00 The Alan Titchmarsh Show 6.00 Regional News, Weather 6.30 ITV News

6.15am Planet Cook (R) 6.35 Yo Gabba Gabba (R) 7.00 Freshly Squeezed 7.30 Everybody Loves Raymond (R) 8.25 Frasier (R) 8.55 Friends (R) 9.25 Coach Trip (R) 12.00noon Channel 4 News Summary 12.05pm River Cottage Bites 12.20 A Place in the Sun: Home or Away (R) 1.25 TIM The Tall T: Western starring Randolph Scott and Richard Boone. 2.55 Wogan's Perfect Recall 3.25 Countdown 4.10 Deal or No Deal 5.00 Come Dine with Me 5.30 Jamie's 30 Minute Meals **6.00** The Simpsons (R) **6.30** Hollvoaks

10.45 Trisha Goddard (R) 11.40 House (R) 12.35pm Five News 12.40 Meals in Moments (R) 12.50 Police Interceptors (R) 1.45 Neighbours 2.15 Home and Away 2.50 I Own Britain's Best Home: Flying Visit (R) 3.05 Undue Influence: First in a two-part drama. (R) 5.00 Five News, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 Live from Studio Five

7.00 The One Show Topical chat.

7.30 EastEnders

Jellied eel-guzzling guff. 8.00 Watchdog

Anne Robinson manages to get more dodgy business types to beg for mercy just by frowning at them.

9.00 Have I Got News for You

NEW Benedict Cumberbatch hosts the current affairs quiz.

9.30 Reggie Perrin

NEW Update of the '70s sitcom. Ask your dad.

10.00 BBC News

10.25 Regional News, Weather

10.35 Question Time Political hot air

11.35 This Week More of the above

12.25am Sign Zone: Panorama Really serious documentary. (R)

12.55 Countryfile (R)

7.00 Games Today

SPORT Highlights from the final day running, jumping and throwing in the Commonwealth Games.

8.00 Nigella Kitchen

A kitsch grasshopper pie and spaghetti with Marmite. We feel a bit ill.

8.30 Autumnwatch 2010

Bird migration on England's south coast. So, lots of birds, flying away. Top TV, BBC2!

9.30 Autumnwatch Unsprung

Martin Hughes-Games ditches the cagoule to chair a discussion of the show that's just finished.

10.00 Mock the Week

Highlights and unseen footage from the brilliant topical quiz.

10.30 Newsnight

11.20 Whites

Bib is under pressure to make an appointment at the fertility clinic. (R)

11.50 Harry & Paul

The Benefits go to church. (R)

12.20am The Apprentice: You're Fired! (R)

1.05 BBC News 3.45 Close 4.00-6.00am BBC Learning Zone

7.00 Emmerdale

High drama as Val catches Amy trying to sneak out of the B&B without paying.

7.30 Bullies Online: Tonight 8.00 Emmerdale

Now Amy's trying to get away without paying for a car repair. She's a wrong 'un!

8.30 Coronation Street Drizzle-based dross.

9.00 Law & Order: UK

A library book connects two people to the murder of a student.

10.00 ITV News, Weather

10.35 First Blood

Slapstick comedy starring
Sylvester Stallone. One part of that description might not be true.

12.20am The Zone

Shopping and interactive gaming.

7.00 News

7.55 4thought.tv Religious ramblings.

8.00 River Cottage Every Day Hugh Fearnley-Whittingstall champions the delights of fruit. Lost on us.

9.00 Giant Squid: Inside **Nature's Giants Special**

Some scientists rummage around the inside of one of the creatures. Ace!

10.20 True Blood

MUST-SEE Sookie connects with one of her own.

11.30 3 Minute Wonder: Frieze

11.35 **Reaper**

The gang asks Tony for help when an escaped soul leaves her baby behind.

12.20am King of the Hill

A fight with an annoying chef leaves Cotton hospitalised and near death. He's had better days, then?

12.45 King of the Hill

Hank opens a co-operative garden.

1.10 Paraphernalia

7.00 Five News at 7

7.30 World's Most **Extreme Airports**

Flying off on your holidays tomorrow? Best give this a miss then. It's about precariously positioned airports. Gulp!

9.00 Tears of the Sun

FILM In war-torn Nigeria, a small band of US soldiers decides to help a group of endangered villagers.

11.20 Police Interceptors

Officers track down those responsible for nicking an expensive telly. (R)

12.15am SuperCasino

Roulette-based ruination

1.55 The Song of Lunch (R) 2.45 Antiques Roadshow (R) 3.45-6.00am BBC News

2.25 SPORT British Touring Car Championship Highlights: From Brands Hatch. 3.40-5.30am ITV Nightscreen

1.25 Who Knows Best 2.15 Hospital 3.10 Farewell Packets of 10 3.15 Unreported World 3.40 ELM Blowing Wild 5.10 Sporting Mind 5.15-6.00am Countdown

4.05 Police Interceptors (R) 4.55 Rough Guide to Weekend Breaks (R) 5.10 Michaela's Wild Challenge (R) 5.35-6.00am Michaela's Wild Challenge (R)

BBC1 NORTHERN IRELAND: 10.35pm Hearts and Minds **11.05** Question Time **12.05-12.55am** This Week BBC1 WALES: 11.35pm Dragon's Eye 12.05-12.55am This Week BBC2 SCOTLAND: 11.00pm Newsnight Scotland, Weather 11.20 Mod 12.05am Harry & Paul 12.50 The Apprentice: You're Fired!

Whites 12.35 Harry & Paul 1.05 The Apprentice: You're Fired! 1.45-3.45am BBC News BBC2 ORTHERN IRELAND: 10.00-10.30pm NEW Blas Ceoil 11.20 Mock the Week 11.50 Whites 12.20am

1.30-3.45am BBC News STV: 9.00-10.00pm Underbelly: A Tale of Two Cities 10.30 STV News and Weather 10.40 Being Victor 11.10 iTunes Festival Highlights 2010 12.05am Brain Box 1.00 The Jeremy Kyle Show 2.00-5.30am The Nightshift

ULSTER: 7.30pm The Seven Thirty Show 7.59-8.00 UTV Live Update 8.59-9.00 UTV Live Update 10.30 UTV Live Tonight 11.00 Bullies Online: Tonight 11.30 SPORT RPM 12.00m't-2.25am Brain Box ITV1 WALES: 7.30-8.00pm Wales This Week 10.30

TODAY'S SPORT

sky SPORTS 1

6.00am Aerobics 6.30 Urban Ride

7.00 LIVE Tennis: The fifth day of the

Shanghai Masters in China. 3.00pm Transworld Sport

4.00 FIFA Futbol Mundial

4 30 Football

6.30 Premier League World (HD)

7.00 Sky Sports News at Seven (HD) 7.30 LIVE Rugby Union: The European Challenge Cup match between

Montpellier and Newcastle at the Stade Yves du Manoir, kick-off 7.45pm. (HD)

10.00 Time of Our Lives

11.00 Premier League World (HD)

11.30 Ringside (HD)

12.30am Rugby Union (HD) 3.00 Time of Our Lives

4.00 Ringside (HD)

5.00 Premier League World (HD)

5.30-6.00am IAAF Athletix Weekly

sky SPORTS 2

6.00am Good Morning Sports Fans (HD)

9.00 Football

11.00 Total Rugby 11.30 Racing News

12.00noon Watersports World

1.00pm Football: Highlights of the latest batch of Euro 2012 qualifiers.

3.00 Show Jumping: Action from the TransCanada Parcours de Chasse

4.00 Mountain Bike World 4.30 Total Rugby

5.00 WWE: Vintage Collection 6.00 Urban Ride

6.30 ATP Tour Uncovered 7.00 Tennis: The fifth day of the Shanghai

Masters in China. (HD) 9.00 Ringside (HD)

10.00 LIVE Poker: The online Sky Poker Bounty Hunter tournament.

12.00m't Tennis (HD) 2.00-5.30am Snooker

FILM4 (315)

5.05pm The Time Machine 7.10 Taxi 9.00 The Sentinel: Spy thriller starring Michael Douglas. 11.05 Que la Bête Meure: French thriller starring Michael Duchaussoy. 1.15-3.20am The Hole

ON DIGITAL,

COMEDY CENTRAL (126)

7.00pm The King of Queens 8.00 Scrubs **9.00** Two and a Half Men **10.00** South Park 11.00 Sex and the City 12.10am Two and a Half Men 1.10 South Park 2.10 Rules of Engagement 3.10 Two and a Half Men 4.05 Shortcuts Shuffle 4.20 The King of Queens 5.10-6.00am Frasier

6.45pm Goal! **7.15** TTXGP 2010 8.15 Motorsport 9.15 Kicks 9.30 Goal! 10.00 MMA Live

10.45 UFC 11.45 Kicks 12.00m't LIVE Ice Hockey 2.30am Press Pass 3.00 Goal! 3.30 Kicks 3.45 MMA 4.30-5.30am UFC

DISCOVERY (520)

6.00pm Mythbusters 8.00 How Do They Do It? 8.30 How It's Made 9.00 I Shouldn't Be Alive 10.00 Deadliest Catch 11.00 Greatest Tank Battles 12.00m't Bear Grylls: Born Survivor 1.00am SPORT Swords: Life on the Line 2.00 Mark Williams on the Rails 3.00 Weaponology 3.50 Nasa's Greatest Missions 4.40 Days That Shook the World

5.30-6.00am How Does That Work?

BBC3 (115)

7.00pm Top Gear 8.00 Are You Fitter Than a Pensioner? 9.00 Child Trafficking: Stacey Dooley Investigates 10.00 EastEnders 10.30 The King Is Dead: Last in the series. 11.00 Family Guy 11.50 Him and Her 12.20am Are You Fitter Than a Pensioner? 1.20 Child Trafficking: Stacey Dooley Investigates 2.20 The King Is Dead 2.50 E20 3.20 Lip Service 4.20-4.50am Him and Her

SATELLITE AND CABLE TV TONIGHT

E4 (136) 7.00pm Hollyoaks 7.30 Friends 9.00 The Big Bang Theory: Penny seduces Leonard after getting drunk. 9.30 How I Met Your Mother 10.00 PhoneShop 10.35 The Inbetweeners: Will is left home alone. 11.05 School of Comedy 11.40 Misfits 12.45am Scrubs 1.35 Glee 2.15 Misfits 3.10 What About Brian 3.55 Accidentally on Purpose 4.15-6.00am Switched

DAVE (111)

7.00pm Louis Theroux's Weird Weekends 8.00 Top Gear 9.00 Mock the Week 9.40 QI 11.00 Dave's One Night Stand 12.00m't Mock the Week 12.40am QI 1.55 Never Mind the Buzzcocks 2.25-3.00am Lead Balloon

MTV (350)

7.00pm Catching Up with 16 and Pregnant: The Girls of Teen Mom 8.00 Randy Jackson's America's Best Dance

14 OCTOBER THURSDAY FULL 7 DAY TV



6.00am The Biggest Loser US (R) 7.00 Brainiac: Science Abuse (R)(HD) 8.00 Best of Oops TV (R) 9.00 Lion Man (R) 9.30 Zoo Vet at Large (R) 10.00 Bones (R) 11.00 Wedding SOS (R) 11.30 Medical Emergency (R) 12.00noon The Biggest Loser US 1.00pm Project Runway (R) 2.00 Bones (R)(HD) 3.00 Stargate Atlantis (R) 4.00 Stargate Atlantis (R)(HD) 5.00 Malcolm in the Middle (R)(HD) 5.30 Futurama: Bender becomes a god. (R) 6.00 Oops TV (R) 6.30 The Simpsons (R)

7.00 The Simpsons

Mayor Quimby's nephew, Freddy, is wrongly accused of assault. (R)

7.30 The Simpsons

MUST-SEE Each member of the family receives \$50 from Grampa. Woo-hoo! (HD)

8.00 Modern Family An earthquake hits. (HD)

8.30 The Simpsons

Homer and Lisa discover they have hidden talents. (HD)

9.00 An Idiot Abroad

MUST-SEE Karl Pilkington bumbles around Mexico looking confused. Ace! (HD)

10.00 A League of Their Own MUST-SEE With Tim Henman and Chris Evans. (HD)

10.30 NCIS: Los Angeles Nate returns from his mystery assignment. (R)(HD)

11.30 NCIS: Los Angeles A Marine is found murdered. (R)(HD)

12.30am Road Wars (R)

1.30 Inside: Predator Task Force (R) 2.30 Oops TV (R) 2.55 Oops TV (R) 3.20 Lost (R)(HD) 5.10-6.00am Are You Smarter Than a 10 Year Old? (R)(HD)

Wales Tonight, Weather 10.35 Sharp End 11.05 The Wales Show 11.35 Bullies Online: Tonight 12.05am Pulling Power 12.10-12.20am Simply Gardening

Crew: Reality show. 9.00 Jersey Shore: Reality show. 10.00 The Hard Times of RJ Berger 11.00 Cribs 12.00m't South Park 1.00am Sanchez Get High: Pritchard vs Dainton 2.00 Celebrity Deathmatch 3.00-6.00am All the Hits

SYFY (129)

7.00pm Buffy the Vampire Slayer 8.00 Fact or Faked: Paranormal Files 9.00 Warehouse 13 10.00 Haven 11.00 A Town Called Eureka 12.00m't Fact or Faked: Paranormal Files 1.00am FILM Flu Bird Horror: Thriller starring Clare Carey. 3.00 Mysterious Ways 4.00 Quantum Leap 5.00-6.00am Smallville

7.00pm NCIS 9.00 Family Guy: Stewie falls in love. 10.00 American Dad! 11.00 Better Off Ted 12.00m't Farscape 1.00am Babylon 5 2.00 ReGenesis 3.00-4.00am Water Rats

TODAY'S MUST-SEE

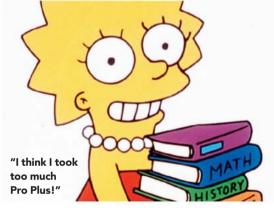


An Idiot Abroad

Sky1/HD 9pm

COMEDY Arriba! Arriba! Andale! Andale! Yes,

this week, orange-headed buffoon Karl is off to Mexico, and for once, he's not complaining. The wonder of the world he's hoping to view is Chichen Itza, the ancient Mayan temple built a thousand years or so ago. But first, he gets to experience a re-enactment of the crucifixion of Jesus Christ, a bout in the ring with some Mexican wrestlers and the neverending search for some elusive Mexican jumping beans! This is the finest moment so far of a brilliant series, so don't miss it! $\star\star\star\star$



The Simpsons Sky1/HD, 7.30pm

The 22nd series continues as Grampa gives money to each of the family and they all spend it in dramatically different ways. That really young, really loaded co-founder of Facebook we're all really jealous of guest stars. $\star\star\star\star$



A League Of Their Own

James Corden does the funnies while team captains Jamie Redknapp and Freddie Flintoff try to answer sporting questions. Tim Henman and Chris Evans join the regulars. $\star\star\star\star$



True Blood Channel 4, 10.20pm

More of the top vampire drama. Tonight, Sookie travels to Dallas,

where she unites with one of her kind, while Jason's hard work at the Light of Day boot camp is rewarded. Humorous, violent and sexy. We love it! ★★★★



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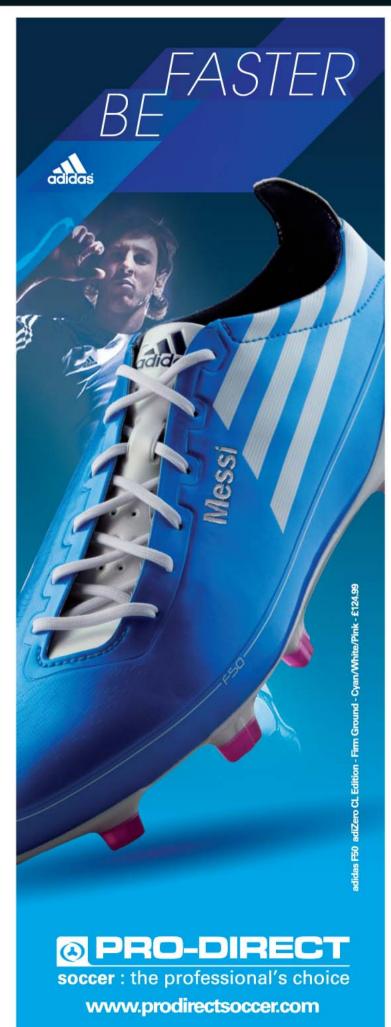


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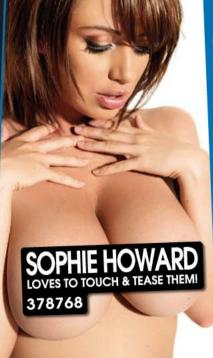
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Inbetweeners - Oooh Friend -	-371404
The Hangover - Paging Dr F**got -	-372950
Die Hard - Yippee Ki Yay	-371360
Meerkat - Meerkat Simples -	-377015
Family Guy - Surfin Bird	-371356
Achmed - Silence I Kill You	-373885
Eastenders Doof Doofs	-376391
Inbetweeners - You Bumder! -	-374183
Text On Fire Spoof	-374708
Captain Caveman	-372367
Big Bang Theory - Bazingal -	-372512
Pulp Fiction - Say What Again -	-379696
Stewie - Victory Is Mine	-375851
Team America - Matt Damon -	-373812
Quagmire - Giggerty Giggerty -	-371104





SA	Darth Vader Breathing Good Morning Vietnam Muttley laugh				
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Top Gear -

Doctor Who 2010-

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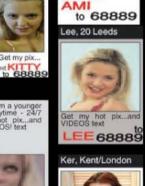
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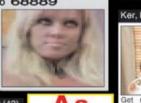
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0909



Live flirty chat Single girls who do all the work. Total pure sexy 1on1 xxx

908 0580 ٥



on the

The baddest girls in town who just adore horny guys looking for a quick fix and some adult relief at anytime



seriously up for it with as many guys as you can believe. secs to serious heaven when you just need to get off

0909



For a super fast sexy relief that is mind blowing. just give us a call. Girls giving live sexy 121!

9442



18+ hot, alone & ready to excite! Really naughty girls behaving badly live just for your pleasure. Call now talk to girls live xxx

0909 203



Get ready to enjoy yourself. Cheap get off with lovely sexy girls desperate to relieve you and their own urges xxx

0908 145



horny guys to fill their recreation time! Eager and willing to please, all guys needed urgently for the ultimate get off today x



YOUR MIND

Fun thrills that'll blow your mind! If you want it live call now for the ultimate relief xxx

0908



VERY BROAD INDED

Live sexy girls over 18 who do not mess around and get straight down to action! serious xxx

0909 897 9333



girls at home just eager to go live with you 1 on 1! x

0908 145



Lovely larger ladies who just want to give pleasure, 100% private and offering a real sexy adult time

0909 9405



IUNGR HOUSEWIYES

Just hungry for a wicked time. These gorgeous ladies just looking for an erotic time. 100% totally sexy stimulation xxx

0909



SEXY GIRLS at home

Beautiful funny intelligent sexy girls with lots of energy that needs to be used now x



Girls that are at home that want any guys any age to totally satisfy. Horny sexy 121 x



Very bad women who will do all vou ask anytime. Various horny partners needed urgently xxx



When you just cannot wait and need a real fast quickie session. Call now for relief

TIEXT PEASY TO 69469 LOCAL GIRLS - JUST

Nuts PUB AMMO

A cold, frosty pint of facts and figures!



Nuts

Austin, Minnesota, has a museum devoted entirely to Spam.

The African heart-nosed bat's echo-location system is so acute, it can hear a beetle walking on sand six feet away.

Butterflies have taste sensors on their feet that enable them to tell whether the plant they've landed on is edible for their caterpillars.

open when they're asleep because they rest each half of their brain separately

If the Australian cricketer Sir Don Bradman had scored four runs in his final Test, he'd have retired with a Test average of 100. He got a duck.

The oldest active football club in the world is Sheffield FC of the Northern Premier League, who were founded in 1857.

Stella Artois was originally intended to be a seasonal Christmas ale.

You're statistically more likely to be murdered over Christmas due to the increased level of alcohol consumption

It's a criminal offence to fly the Union Flag from any boat that doesn't belong to the British Navy.

Ants make up ten per cent of the total weight of all the animals on earth.

In Egypt, French kissing is called "American kissing".

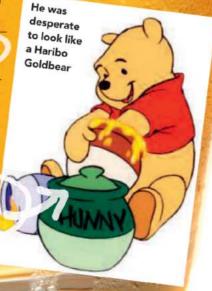
The Bank of England uses £100,000,000 notes for internal accounting. Sadly, they aren't intended for general circulation.

There are jars of honey excavated from the tombs of Egyptian pharaohs whose contents were found to be still edible.

PUB AMMO ON... HOWARD MARKS

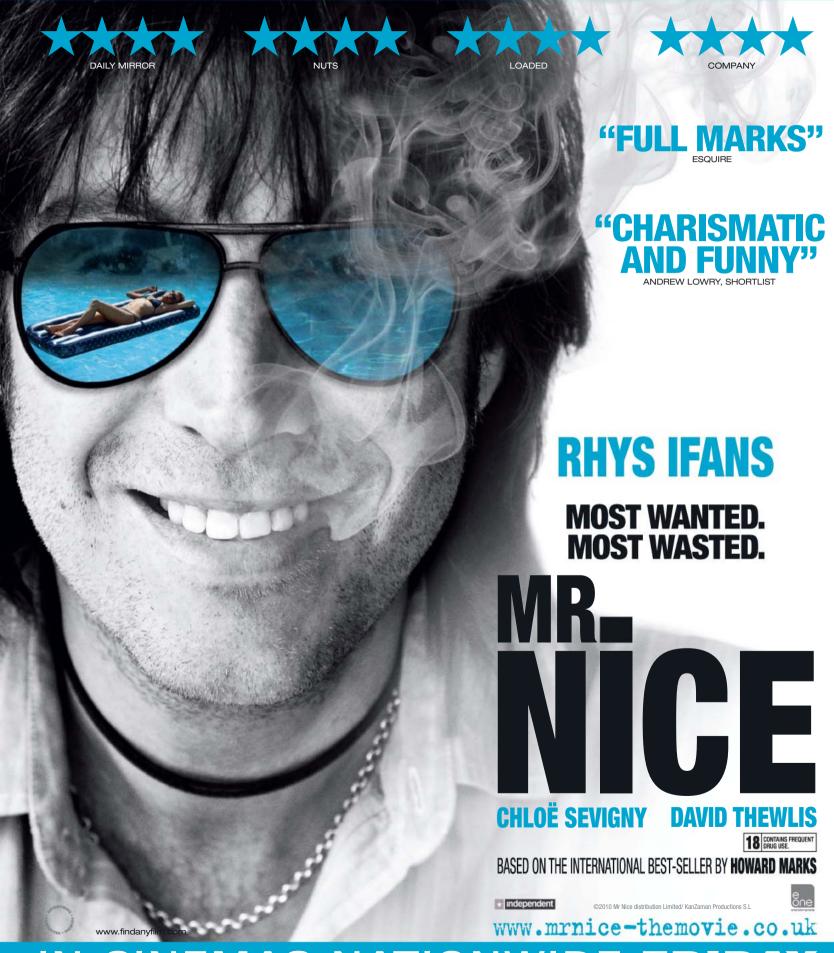


- Marks spent seven years in the Federal Correctional Institute in Terra Haute, Indiana, for marijuana smuggling.
- In the 1997 general election, Marks stood as a candidate in four separate seats. He wasn't elected in any of them.
- He appears
 alongside Alex
 Reid in the
 notorious British
 gangster thriller
 Killer Bitch.
- "Honest, occifer, I've only had two pints!"
- At the height of his career in the mid-'80s, Marks had 43 separate aliases.
- Mr Nice, the film based on the book by Howard Marks and starring Rhys Ifans, is at cinemas from this Friday.



WORDS: PETE CASHMORE, NICK WATKINS PHOTOS: ALAMY, ALLSTAR, LFI, GETTY

"A MIND BLOWING TRIP. RHYS IFANS GIVES THE PERFORMANCE OF HIS LIFE"



CINEMAS NATIONWIDE

